



# Salem Activities

## March 2023

**Project ABLE**  
 1599 State St NE  
 Salem, OR 97301  
 503-363-3260

Mon	Tue	Wed	Thu	Fri
		1  10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Life Changes 2-3 *Voices & Visions	2  11-12 LGBTQIA+ Group 12-1 Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	3  10-12 *PSS/Volunteer Meeting 1-3 *CEU Training Your Brain on Music with Olivia  3-5 TTRPG Group
6  10 – 12 ABLE Gamers 2-3 *Wellness 101 3-4 ABLE Music Jams	7  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Wood Bracelets	8  10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Life Changes 2-3 *Voices & Visions 6-7*Power on with Limb Loss	9  11-12 LGBTQIA+ Group 12-1 Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	10  10-12* New Volunteer Orientation 1-3 * CEU Training Suicide Prevention with Vicki  3-5 TTRPG Group
13  10 – 12 ABLE Gamers 2-3 *Wellness 101 3-4 ABLE Music Jams	14  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity St Patty's Day "Green Crafts"	15  10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Life Changes 2-3 *Voices & Visions	16  11-12 LGBTQIA+ Group 12-1 Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	17  10-12 *PSS/Volunteer Meeting 1-3 * CEU Training Polyvagal Theory with Clay  3-5 TTRPG Group
20  10 – 12 ABLE Gamers 2-3 *Wellness 101 3-4 ABLE Music Jams	21  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make your own puzzle	22  10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Life Changes 2-3 *Voices & Visions	23  11-12 LGBTQIA+ Group 12-1 Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	24  10-12 * Facilitator Meeting 1-3 CEU Training <b>Cancelled</b>  3-5 TTRPG Group <b>Cancelled</b>
27  10 – 12 ABLE Gamers 2-3 *Wellness 101 3-4 ABLE Music Jams	28  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Spring Planting – Design your pot and plant an herb or catnip	29  10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Life Changes 2-3 *Voices & Visions	30  11-12 LGBTQIA+ Group 12-1 Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	31  1-3*CEU Training Chronic Pain/Trauma Support for Opioids part 2 with Michelle  3-5 TTRPG Group

\*= Available online and in person. To join us via zoom, go to <https://projectable.org/what-we-do/activities/> and click on the blue bar above the calendar.

## Calendar Activities Descriptions

**ABLE Music Jams:** Come on in and share your favorite songs with us! Sing along, play a tambourine, or just hang out!

**Life Changes:** Ever feel like the universe suddenly says "SURPRISE!" and hurls a curve ball at your head? This supportive and educational group encourages us to look at changes life has thrown at us. We will discuss ways these changes can be navigated and the impact they have, holistically on us and our recovery.

**Power On with Limb Loss:** Social Hour, Support, and fun for people in the Amputee-limb loss community and people with physical challenges. Bring your questions, and your fun stories; some meetings will have guest speakers.

**Wellness 101:** Learn about the 8 dimensions and put them into practice!

**ABLE Gamers:** Come join us for fun and a variety of board games. Learn about new board games and old ones alike.

**Chair Yoga:** A gentle yoga class designed specifically for those with mobility issues and/or physical challenges.

**Yoga:** Experience a stress-reducing, restorative class with a supportive, experienced instructor. Beginners are welcome.

**TTRPG Group:** Supports growth in social and emotional life skills, creative problem solving and collaboration. Sharing laughter and fun promotes empathy, compassion, and trust with others through mutual goal solving.

**LGBTQIA+ Group:** Join us for talk and collaboration about current events and topics of interest to the community.

**Self-Empowerment:** Positive self-esteem can be an important aspect of recovery. Together we'll discover how amazing we all are! Give it a try.

**Trauma Healing & Recovery:** Connect with others recovering from trauma in a supportive group setting.

**CEU Training:** For those who have their PSST and need credits to recertify.

**Voices & Visions:** Individuals experiencing voices and visions come together to provide mutual support.

**Volunteer Orientation:** Learn about joining Project ABLE as a volunteer. Our history and Project ABLE's role in the community are covered, as well as duties performed as a volunteer. This group is required for new volunteers.

**PSS/Volunteer Meeting:** The first Friday is a Staff facilitated meeting where we discuss topics related to peer support. The third Friday features Greg Trotter as our facilitator. The first hour of each meeting is for anyone interested; the second hour is for those who support peers.

### New to Project ABLE?

Feel free to stop by our office for a Welcome to ABLE  
1599 State St. NE, Salem, OR 97301  
(503)-363-3260

Please visit our website at [www.projectable.org](http://www.projectable.org)

Sign up for our Email list to receive our calendar and ABLE updates by emailing Julie at [jbochsler@projectable.org](mailto:jbochsler@projectable.org)