



# Salem Activities June 2023

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

Mon	Tue	Wed	Thu	Fri
			1  11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	2  10-12 *All Volunteer Meeting 1-3 *CEU Training Conditioned Emotional Responses with Sue
5  10-11 Walk With ABLE 12-1* Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	6  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	7  10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	8  11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	9  10-12 *New Volunteer Orientation 1-3 *CEU Training TBA
12  10-11 Walk With ABLE 12-1* Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	13  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	14  10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	15  11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	16  10-12 *Trauma Informed Meeting 1-3 *CEU Training Cognitive Distortions with Myrna
19  10-11 Walk With ABLE 11-12*Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	20  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	21  10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	22  11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	23  10-10:30* Facilitator Meeting 1-3 *CEU Training TBA
26  10-11 Walk With ABLE 12-1* Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	27  11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	28  10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	29  11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	30  1-3* CEU Training Psychology of Addiction with Sue

\*= 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!

**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, and some meetings, we will have speakers.

**Tuesday Wellness Activity:** Get your creative on Every Tuesday afternoon for fun and varied activities!

**Continuing Education Training:** For those of us Certified as a Peer Support Specialist or those who find the Training interesting. 2 Continuing Education Units are earned to go toward your recertification.

**Dual Diagnosis Anonymous:** A group for those of us experiencing addiction and mental health challenges. A topic is chosen each week to discuss and support one another about.

**What's Eating You?** Learn the many aspects of a healthy diet and how we eat affects our life

**Let's Talk:** Answers to questions can be the start of conversation! Play "Would You Rather" and find out what you have in common with others.

**Dance With ABLE:** Join us for a fun activity and get exercise at the same time.

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

**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.

**LGBTQ Group:** Gather to discuss issues and activities within 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.

**Veteran's Coffee:** A place where veteran's and their families discuss current issues and share commonalities about serving their country.

**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:** A Staff facilitated meeting where we discuss topics related to peer support. The first hour is for anyone interested; the second hour is for those who support peers.

**Walk with ABLE:** The weather has cleared up for us to begin another season of this popular group! We go for walks around our historic neighborhood, enjoying light conversation. Inside activities on too hot days.

### 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)