




Project ABLE's Weekly Calendar

www.ProjectABLE.org

July
2023

Mon	Tue	Wed	Thu	Fri
<p>17 Salem In person or online** 12-1 pm – *Life Changes** 2 pm – Wellness 101** 3 pm – ABLE Music Jams</p> <p>McMinnville In person groups only</p> <p>Special Day BBQ 11am-4pm</p> <div style="text-align: center;"> <p>BBQ PARTY</p>  </div>	<p>18 Salem In person or online** 11 am – 12 pm Dual Diagnosis Anonymous 12 pm – 1 pm – Yoga 1 pm – 2 pm Dance With ABLE 2 pm – 3 pm – *Trauma Healing & Recovery** 3 pm – 4:30 pm –Wellness Activity “Galaxy Jars”</p> <p>McMinnville In person groups only 9 am – 11 am – Community Connections 11 am – 12 pm – Wellness 12 pm – 2 pm – B.S.R.P. 2:30 pm – 3 pm – Yoga 3 pm – 4 pm – Harm Reduction Works</p>	<p>19 Salem In person or online 10 a.m. *Veteran’s Coffee 12 pm – 1 pm – *Shelf Care Book Group 2 pm – 3 pm *Voices & Visions 3 pm – 4 *Guides to Gadgets</p> <p>McMinnville In person groups only 9 am – 11 am – Community Connection 11 am – 12 pm – Poetry Hour 12 pm – 2 pm – Empowered Painting 2:30 pm – 3 pm – Peer Yoga 3 pm – 4 pm – Exploring Recovery (Peer Support)</p>	<p>20 Salem In person or online 10 am – 11 am – Walk with ABLE 11 am – 12 pm – *LGBTQIA+ Group** 12 pm – 1 pm – Chair Yoga 2 pm – 3 pm – *Grief Support 3 pm - 4:30 Get Creative with Jenn</p> <p>McMinnville In person groups only 9 am – 11am – Community Connection 11 am – 12 pm – Healthy Eating 12 pm – 2 pm – Peer’s Choice 2:30 pm – 3 pm – Peer Yoga 3 pm - 4 pm – Dual Diagnosis Anonymous (DDA)</p>	<p>21 Salem In person or online 10-12*Trauma Informed Meeting</p> <p>1-3*CEU Training Harm Reduction with Tiffany</p> <p>The Mac Building is Closed for Training.</p>

*Self-Direction *Person-Centered *Empowerment *Holistic *Non-Linear *Strengths-Based *Peer Support *Respect *Responsibility *Hope

** = Available online. To join us via Zoom, go to <https://us02web.zoom.us/j/5433781708?pwd=RFRRamFtL0UvT0hFT2R3bzVSVFU3dz09#success>

An asterisk (*) next to the group name denotes a Continuing Education Unit is Available for that group.

Calendar Activities Descriptions Salem

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. **(Every Second Wednesday)**

Wellness with Michelle: Get your creativity 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.

Shelf Care Book Group: Reading and writing, sharing, and discussing. From writing poetry to reading interesting books for discussion – your choice of material!

Grief Support: Join us to create a welcoming, compassionate environment to share our experiences with grief and learn about the grieving process – there is no time limit to grief.

Get Creative with Jen: An in-person activity with a highly creative person! Join Jenn in exploring your creative side!

Life Changes: This supportive and educational group encourages us to look at change's life has thrown at us. We discuss ways these changes

can be navigated and the impact they have, holistically on us and our recovery.

Dance with ABLE: Get your groove on, learn new dance steps, and enjoy the disco lighting at a favorite group here at ABLE!

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.

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

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

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

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.

Guides to Gadgets: This group focuses on the "How To's" of life – using your phone, for example. Suggestions for topics are welcome!

****Veteran's Pool:** A place where veterans can go to shoot some pool and support each other.

McMinnville

Wrap Around Recovery: Join us as we explore the 10 components of recovery; Self-Direction, Individualized and Person Centered, Strengths Based, Holistic, Non-linear, Peer Support, Empowerment, Respect, Responsibility and Hope!

Crafty Corner: Bring in your own craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

Peer Yoga: In this activity we follow different yoga styles on YouTube and modify moves to fit our own recovery. Come Share your energy with your peers!

Coping Skills: This peer-led activity involves learning methods to deal with stressful situations. We will support one another in making action plans, being flexible and persistent in solving problems

Wellness: A balanced life is a well lived life. Each week we will go over one of the dimensions of wellness and decide our own path to fulfillment.

B.S.R.P. Role Play: Engage in community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role play and create a character that

saves the universe while exploring recovery methods!

Harm Reduction Works: Explore wellness, your relationship with habits and or substances in a safe non-judgmental space. Let us walk together and support each other on this journey!

Poetry Hour: Come and read out loud your favorite poetry, present something you wrote yourself or just listen to inspirational writings from your peers.

Empowered: Empowering each other while we take care of the building, set goals, sing, and paint. Every 5th Wednesday we have Empowered Peer.

Exploring Recovery: Go over the ten guiding principles of recovery as described by SMSA in a peer supported atmosphere.

Healthy Eating: Brainstorm with peers about different ways to eat healthy meals and snacks. In addition, we will be going over strategies to

make healthy changes for A Better Life Experience.

Peer's Choice: Come in to recover in your own way. There are plenty of choices to make, just ask a peer for some inspiration!

Dual Diagnosis Anonymous DDA: Purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis.”

New to Project ABLE? Stop by our office for a “Welcome to ABLE”!

Are you interested in volunteering? Stop by and check out our volunteering opportunities!

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Please visit our website at www.projectable