



McMinnville



2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
9 10-11am Community Connection 11-12pm Trauma Healing & Recovery 12-2pm Crafty corner 2:30-3pm Peer Yoga/Get Moving 3-4pm Small Steps for Recovery	10 10-11am Community Connection 11-12pm Wellness 101 12-2pm B.S.R.P. 2:30-3pm Peer Yoga/Get Moving 3-4pm Harm Reduction Works	11 10-11am Community Connection 11-12pm Life Changes 12-2pm Empowerment Goals 2:30-3pm Peer Yoga/Get Moving 3-4pm 10 Components of Recovery	12 10-11am Community Connection 11-12 pm Healthy Living 12-2pm Peer's Choice 2:30-3pm Peer Yoga/Get Moving 3-4pm Dual Diagnosis Anonymous	13 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
16 10-11am Community Connection 11-12pm Trauma Healing & Recovery 12-2pm Crafty corner 2:30-3pm Peer Yoga/Get Moving 3-4pm Small Steps for Recovery	17 10-11am Community Connection 11-12pm Wellness 101 12-2pm B.S.R.P. 2:30-3pm Peer Yoga/Get Moving 3-4pm Harm Reduction Works	18 10-11am Community Connection 11-12pm Life Changes 12-2pm Self-Care Book Club 2:30-3pm Peer Yoga/Get Moving 3-4pm 10 Components of Recovery	19 10-11am Community Connection 11-12 pm Healthy Living 12-2pm Peer's Choice 2:30-3pm Peer Yoga/Get Moving 3-4pm Dual Diagnosis Anonymous	20 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
<i>PSS Training Week 9am-5pm 23</i> 10-11am Community Connection 11-12pm Trauma Healing & Recovery 12-2pm Closed 2:30-3pm Group Walk 3-4pm Small Steps for Recovery	<i>PSS Training Week 9am-5pm 24</i> 10-11am Community Connection 11-12pm Wellness 101 12-2pm Closed 2:30-3pm Group Walk 3-4pm Harm Reduction Works	<i>PSS Training Week 9am-5pm 25</i> 10-11am Community Connection 11-12pm Life Changes 12-2pm Closed 2:30-3pm Group Walk 3-4pm 10 Components of Recovery	<i>PSS Training Week 9am-5pm 26</i> 10-11am Community Connection 11-12 pm Healthy Living 12-2pm Closed 2:30-3pm Group Walk 3-4pm Dual Diagnosis Anonymous	<i>PSS Training Week 9am-5pm 27</i> Open for PSS Training only
30 10-11am Community Connection 11-12pm Trauma Healing & Recovery 12-2pm Crafty corner 2:30-3pm Peer Yoga/Get Moving 3-4pm Small Steps for Recovery	31  Special Day Halloween Party 12am-6pm Kid Friendly Activity			

Mac Campus activities are in person. When the Mac building is closed, groups will be via Zoom following the Salem Campus calendar. To log into zoom, go to: projectable.org and select the Salem events button.

Project ABLE, Inc.
640 NE 3rd ST
Phone: 503-474-5509
9am-4pm Monday-Thursday

Community Connection: w/Izaya Come in, drink coffee and talk about issues affecting our community while connecting with peers.

Trauma Healing & Recovery: w/Teresa Join us for a supportive healing journey where you are in the driver seat of your own recovery.

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

Peer Yoga: w/Dani. 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!

Small Steps for Recovery: w/Kass 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 101: w/Ron A balanced life is a well lived life. Each month we will go over one of the dimensions of wellness and decide our own path to fulfillment.

B.S.R.P. Role Play: w/Kacey (They, Them) 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: w/Kass 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!

Calendar Event Descriptions

Salem Campus Activities for Fridays

Volunteer Meeting: *The first and third Friday of the month.*

Volunteer Orientation: *The second Friday of the month.*

CEU Trainings: *Every Friday excluding holidays.*

Special Day:



Halloween Party

Tuesday September 29th 12-6pm

Please register for this event by October 22nd.

Please bring snacks to share. There will be games, prizes and crafts. In addition, we will be participating in the annual Halloween Street Fair on 3rd st This is a kid friendly activity.

Have any questions? 503-474-5509

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

Interested in volunteering? Stop by and check out our volunteering opportunities!

McMinnville Campus
640 NE 3rd St
McMinnville, OR

Life Changes: w/Deb Life is always changing. In this activity we will go over life’s milestones in a supportive atmosphere and make plans to live the life we want to live.

Empowerment: w/Jackie Empowering each other while we take care of the building, empower one another, set goals, and paint. Every 5th Wednesday we have Empowered Peer.

Self- Care Book Group: w/Josh S. on Zoom Reading and writing, sharing and discussing. From writing poetry to reading interesting books for discussion – your choice of material!

10 Components of Recovery: w/Tracy Go over the ten guiding principles of recovery as described by SMSA in a peer supported group setting.

Healthy Eating: w/ Ron 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: w/Jackie Come in to recover in your own way. There are plenty of choices to make, just ask a peer for some inspiration!

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