



McMinnville

**September**

2023

Mon	Tue	Wed	Thu	Fri
				1 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
4 Closed for the observance of <b>Labor Day</b>	5 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	6 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	7 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	8 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
11 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	12 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	13 10-11am Community Connection 11-12pm Life Changes 12-2pm Self-Care Book Group* 2:30-3pm Peer Yoga/Get Moving 3-4pm 10 Components of Recovery	14 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	15 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
18 <i>PSS Training Week 9am-5pm</i> 10-11am Community Connection 11-12pm Trauma Healing & Recovery 12-2pm Closed 2:30-3pm Group Walk 3-4pm Small Steps for Recovery	19 <i>PSS Training Week 9am-5pm</i> 10-11am Community Connection 11-12pm Wellness 101 12-2pm Closed 2:30-3pm Group Walk 3-4pm Harm Reduction Works	20 <i>PSS Training Week 9am-5pm</i> 10-11am Community Connection 11-12pm Life Changes 12-2pm Closed 2:30-3pm Group Walk 3-4pm 10 Components of Recovery	21 <i>PSS Training Week 9am-5pm</i> 10-11am Community Connection 11-12 pm Healthy Living 12-2pm Closed 2:30-3pm Group Walk 3-4pm Dual Diagnosis Anonymous	22 <i>PSS Training Week 9am-5pm</i> Open for PSS training only
25 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	26 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	27 10-11am Community Connection 11-12pm Life Changes 12-2pm Empowerment Painting 2:30-3pm Peer Yoga/Get Moving 3-4pm 10 Components of Recovery	28 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	29 Special Day Open Mic! 10am-4pm Need a ride? Talk to Teresa

Mac Campus activities are in person except for Asterix marked groups. When the Mac building is closed or the activity is Asterixed, groups will be via Zoom following the Salem Campus calendar. To log into zoom, go to: [projectable.org](https://projectable.org) and select the Salem events button.

**Project ABLE, Inc.**  
**640 NE 3<sup>rd</sup> 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 week 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: Open Mic

Friday September 29<sup>th</sup> 9am-4pm

Please register for this event by September 22<sup>nd</sup>.

You will have the opportunity to sing karaoke, read poetry, perform skits or tell jokes. The choice is yours. There will be lunch provided.

Please bring your own food if you have special dietary needs. The caravan will be leaving from Mac at 10 am and returning from Salem by 4 pm.

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 3<sup>rd</sup> 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 5<sup>th</sup> Wednesday we have Empowered Peer.

**Self- Care Book Group: w/Ash 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 Living: w/ Ron** Brainstorm with peers 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.”