




McMinnville



December



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 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	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 Support 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
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25 Closed for the observance of Christmas	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 Empowered Peer 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	

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/Ron 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.

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

Peer Yoga/Get Moving: w/Tracy. Follow different yoga Styles with an Empowered Peer, yoga instructor or YouTube and modify moves to fit your own comfort level. Go on walks, dance, or engage in discussion on living an active life. Come in and share your energy with 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 being persistent in problem solving.

Wellness 101: w/Ron/Emily 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/Logan 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!

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:

Ugly Sweater Party

Friday December 22nd 10am-4pm at
640 NE 3rd St. McMinnville

Please register for this event by December 15th.
And bring a sweater to decorate. There is also a
cookie exchange. If you want to participate in the
exchange, please bring cookies.
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

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!

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/Tracy Empowering each other while we set goals, play games, watch movies(ask the front desk for the name), support one another, and paint.

Empowered Peer: w/ Tracy Every 5th Wednesday we have Empowered Peer. This is a space for you to present your unique talents and empower others to try something new.

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/Emily In this activity we will be discussing a variety of subjects on living a healthy life style and brainstorm with peers to make healthy changes for **A Better Life Experience.**

Peer’s Choice: w/Jackie/Troy 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.”