



# McMinnville



2024

Mon	Tue	Wed	Thu	Fri
			1 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	2 Hosted in Mac 10-12 pm PSS/Volunteer Training
5 9-11 am Community Connection 11-12 pm Peer Pick-up 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery	6 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play 2-3 pm National Chopsticks Day 3-4 pm Harm Reduction Works	7 9-11 am Community Connection 11-12 pm Life Changes 12-2 pm Setting Goals 2-3 pm Creative Writing 3-4 pm 10 Components of Recovery	8 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	9 10-12 New Volunteer Orientation 12-2 pm Support Squad 1-3 pm CEU Training Relationship Building
12 9-11 am Community Connection 11-12 pm Daily Living Skills 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery	13 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play 2-3 pm Wellness 101 3-4 pm Harm Reduction Works	14 Hosted by Mac ABLE  <b>Special Day Share the Love Swap Meet Bring a Lunch 10am-3pm</b>	15 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	16 10-12 pm PSS/Volunteer Meeting Greg Trotter 1-3 pm CEU Training Supporting All Stages of Change
19 <b>Closed for the Observance of</b> 	20 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play 2-3 pm Wellness 101 3-4 pm Harm Reduction Works	21 9-11 am Community Connection 11-12 pm Life Changes 12-2 pm Scrapbooking 2-3 pm Creative Writing 3-4 pm 10 Components of Recovery	22 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm National Chili Day (Potluck) 3-4 pm Dual Diagnosis Anonymous	23 9-4 pm Open for New Welcomes
26 9-11 am Community Connection 11-12 pm Daily Living Skills 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery	27 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play 2-3 pm National Strawberry Day 3-4 pm Harm Reduction Works	28 9-11 am Community Connection 11-12 pm Life Changes 12-2 pm Painting with Peers 2-3 pm Creative Writing 3-4 pm 10 Components of Recovery	29 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm 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](http://projectable.org) and select the Salem events button.

**Project ABL, Inc.**  
640 NE 3<sup>rd</sup> ST  
Phone: 503-474-5509  
9 am-5 pm Monday-Friday

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

**Peer Pick-up: w/Dani** Join us in picking up trash in our community. Get some exercise, and some fresh air, connect with peers, and help Mother Earth all at the same time!

**Daily Life Skills: W/ Dani** We will go over a wide range of personal self-care activities across home, school, work, and community Settings. Most daily living skills, like food preparation and personal hygiene, need to be performed regularly to maintain a reasonable level of health and safety.

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

**Peer Paths to Employment w/Teresa** In this peer-led group we will go over strategies to find, keep, and level up employment opportunities. Share your ideas with peers and find inspiration for yourself!

**Trauma, Healing & Recovery: w/Kass** This peer-led activity involves learning methods to deal with stressful situations. We will support one another in making action plans and being persistent in solving problems.

**Get Moving/Pool: w/Dani.** Starting at Project ABLE we will go to the McMinnville Aquatic Center to exercise together. A gym is included with a day pass. Ask Dani or Tracy for ways to get a pass if one is available or pay the fee at the center. Come and share your energy with peers.

## Calendar Event Descriptions

**B.S.R.P. Role Play: w/Kacey** 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!

**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 path to fulfillment.

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

**Random Celebrations: w/Tracy** Check the calendar for unique activities that celebrate some random national holidays throughout the year!

**Special Day:**



**Share the Love Swap**

**Please register for this event**

Wednesday, February 14th, 10 am-3 pm at 640 NE 3<sup>rd</sup> St. McMinnville **Please bring a lunch.** This event is an opportunity to swap clothing and other items for items from someone else. No money will be exchanged. We will barter item for item. Please bring things you would like to trade with your peers and help keep unwanted things out of the landfill. Let's show Mother Earth and one another some Love!

**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/Dani** 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, craft, and paint.

**Empowered Peer: w/ Random Peer** We meet every 5<sup>th</sup> Wednesday. This can be a space for you to present your unique talents and empower others to try something new. Ask Tracy if you are interested in being one of our Empowered Peers!

**Creative Writing: w/Logan** Explore the creative writings of all the greats and amateurs alike and work on projects of your own with peers.

**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** In this peer-led activity we will be discussing a variety of subjects on living a healthy lifestyle and brainstorming with peers to make healthy changes for **A Better Life Experience.**

**Peer's Choice: w/Jackie** Come in to recover your way. There are plenty of choices to make, 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.”