




McMinnville



March



2024

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|--|
| | | | | Closed for Training 1 10-12 pm PSS/Volunteer Training If you are part of the training, please sign up for a ride with Teresa. |
| 4 9-11 am Community Connection 11-12 pm Peer Pick-up 12-2 pm Crafts with Kass 2-3 pm Nation Pound Cak Day 3-4 pm Trauma, Healing & Recovery | 5 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 | 6 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 | 7 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 | 8 10-12 New Volunteer Orientation 12-2 pm Support Squad 1-3 pm CEU Training (To be Announced) |
| 11 9-11 am Community Connection 11-12 pm Daily Life Skills 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery | 12 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play 2-3 pm National Girl Scout Day 3-4 pm Harm Reduction Works | 13 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 | Wear Green Day 14 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 | 15 10-12 pm PSS/Volunteer Meeting Greg Trotter 1-3 pm CEU Training (To be Announced) |
| 18 9-11 am Community Connection 11-12 pm Daily Life Skills 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery | 19 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 | 20 9-11 am Community Connection 11-12 pm Life Changes 12-2 pm Able Music Jams 2-3 pm Creative Writing 3-4 pm 10 Components of Recovery | 21 9-10:30 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm National French Bread Day 3-4 pm Dual Diagnosis Anonymous | 22 9-4 pm Open for New Welcomes |
| 25 9-11 am Community Connection 11-12 pm Daily Life Skills 12-2 pm Crafts with Kass 2-3 pm Peer Paths to Employment 3-4 pm Trauma, Healing & Recovery | 26 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 | 27 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 | 28 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 | Hosted by Salem ABLE 29  Special Day Bunny Hop Potluck 10am-3pm |

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 **Join Online Groups** button.

Project ABLE, Inc.
640 NE 3rd 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:



Bunny Hop Potluck

Please register for this event!

Friday, March 29th, 10 am-3 pm Meet at Project ABLE 640 NE 3rd St. McMinnville for carpooling. This event is an action-packed game time with Peers- all while wearing bunny ears. Come for relays, toss across, hopscotch, and so much more! Please bring food to share. 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/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 5th 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.”