







Mon	Tue	Wed	Thu	Fri
	<p>In like a Lion... out like a lamb <i>Refers to the changing weather of March – comes in stormy, goes out mild</i></p>	<p>National Umbrella Month NATIONAL UMBRELLA DAY</p> 	<p>St Patrick's Day is the 17th</p> 	<p>1</p> <p>10-12*PSS/Volunteer Meeting No CEU Training today Employee Appreciation Day Peanut Butter Lovers Day</p>
<p>4</p> <p>10-12 Sew Amazing 1-2*Pain Management 2-3*10 Components 3-4 ABE Music Appreciation</p>	<p>5</p> <p>10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>6</p> <p>10-11* Smoking Cessation 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 2-4 Paths to Employment - Resume</p>	<p>7</p> <p>10-11*Neuroconnect 11-12 Women Veterans 11-12*LGBTQIA+ Group 12-1* Chair Yoga 3-4 National Pancake Day</p>	<p>8</p> <p>10-12*New Volunteer Orientation 10-2 ABE Open House</p>
<p>11</p> <p>10-12 Sew Amazing 1-2*Depression w/ Pain 2-3*10 Components of Recovery 3-4 ABE Music Appreciation</p>	<p>12</p> <p>10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Girl Scout Day</p>	<p>13</p> <p>10-11* Smoking – Why Get Hooked 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 2-4* Paths to Employment- Interviewing National Earmuff Day</p>	<p>14</p> <p>10-11*Neuroconnect 11-12 Women Veterans 11-12*LGBTQIA+ Group 12-1* Chair Yoga 3-4 National Potato Chip Day</p>	<p>15</p> <p>10-12* PSS/Volunteer Meeting with Greg Trotter 1-3*CEU Training Positive Peering</p>
<p>18</p> <p>10-12 Sew Amazing 1-2*Anxiety/ Stress w/ Pain 2-3*10 Components of Recovery 3-4 ABE Music Appreciation</p>	<p>19</p> <p>10-11 *Life Changes 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>20</p> <p>10-11* Smoking - Links of Addiction 10-11 * Voices & Visions 11-12 *Veterans Coffee 12-2 *Adult Coloring Group 2-3 * Healthy Living 2-4* Paths to Employment- What to Wear or not to Wear! First Day of Spring</p>	<p>21</p> <p>10-11*Neuroconnect 11-12*LGBTQIA+ Group 12-1* Chair Yoga 1-2* Coping with Grief 3-4 National Common Courtesy Day</p>	<p>22</p> <p>10-12* Facilitator Meeting 1-3 ABE Birthday Celebration for March Birthdays!</p>
<p>25</p> <p>10-12 Sew Amazing 1-2*Exercise w/Pain 2-3*10 Components of Recovery 3-4 ABE Music Appreciation</p>	<p>26</p> <p>10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>27</p> <p>10-11* Smoking – Benefits of Quitting 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 2-4* Paths to Employment – Mock Interview</p>	<p>28</p> <p>10-11*Neuroconnect 11-12 Grief Support 11-12*LGBTQIA+ Group 12-1* Chair Yoga</p>	<p>29</p> <p>Bunny Hop Salem! Special Day Bunny Hop Potluck 10am-3pm</p> 

Adult Coloring Group w/ Joshua: Join in with others who also find relaxation in adult coloring while sharing conversation. All levels welcome, bring your own materials if you like.

ABLE Music Appreciation w/ Joshua: Come on in and share your favorite songs with us! Sing along, play a tambourine, other musical instruments or just hang out!

Healthy Living w/ Carol: 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.

Tuesday Wellness Activity w/ Michelle: Get your creativity on Every Tuesday afternoon for fun and varied activities!

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

Coping with Grief w/ Jen: Join us to create a welcoming, compassionate environment to share our experiences with grief and learn about the grieving process – there is no time limit to grief.

Life Changes w/ Deb: This supportive and educational group encourages us to look at the changes life has thrown at us. We discuss ways these changes can be navigated and the impact they have, holistically on us and our recovery.

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

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

Chair Yoga w/ Aaron: A gentle yoga class designed specifically for those with mobility issues and/or physical challenges.

Yoga w/Aaron: Experience a stress-reducing, restorative class with a supportive, experienced instructor. Beginners are welcome.



Special Day:

Bunny Hop Potluck

Please register for this event!

Friday, March 29th, 11 am-3 pm

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 a side dish or dessert
Have any questions? 503.363.3260

Veteran's Coffee w/ Jen: A place where veteran's and their families discuss current issues and share commonalities about serving their country.

LGBTQIA+ Group w/ Joshua: Join us for talk and collaboration about current events and topics of interest to the community.

Trauma Healing & Recovery w/ Michelle: 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.

Sew Amazing w/ Deb: Join others and creating fun and useful items with fabric! Bring your own machine, use one of ours, or sew by hand!

Voices & Visions w/ Teresa: Individuals experiencing voices and visions come together to provide mutual support.

Neuroconnect w/ Joshua: A neurodiverse community alliance. This is a space where anyone experiencing neurodiversity can come together to build up a support network to help navigate the nuances of life together. This is a place to talk, problem solve, and heal collectively as we strive to do better for our community. Let's celebrate our individuality! Come as you are, this is an inclusive space, no diagnosis necessary.

Paths to Employment w/Jen: In this group we go over strategies to find, keep, and level up employment opportunities. Work on resumes, mock interviews, and what to do and not do in an interview and more.....

Dance with ABLE w/ Aaron: Get your groove on, learn new dance steps, and enjoy the disco lighting at a favorite group here at ABLE!

Pain Management w/Vicki: You are not alone! This group provides support and community for those experiencing or have others in their life experiencing pain from chronic illness.

PSS/Volunteer Meeting: A Staff facilitated meeting where we discuss topics related to peer support. The first hour is for anyone interested; the second hour is for those who support peers.

Continuing Education Training w/ Michelle C: For those of us Certified as a Peer Support Specialist or those who find the Training interesting. 2 Continuing Education Units are earned to go toward your recertification.

Volunteer Orientation w/Clay: Learn about joining Project ABLE as a volunteer. Our history and Project ABLE's role in the community are covered, as well as duties performed as a volunteer. ****This group is required for new volunteers.****

Smoking Cessation series w/Vicki (Held in the Green House) – Explore a comprehensive series delving into smoking: its historical context, the factors driving addiction, and strategies for fostering mutual support in the journey to quit. Tailored for those seeking to break free from smoking habits and their support networks, it offers insights on creating effective support systems for successful cessation.

New to Project ABLE?

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

Interested in volunteering?

Stop by and check out our volunteering opportunities!

Salem Campus

1599 State Street, NE

Salem, OR 97301

M-F 9:00 am – 5:00 pm