




McMinnville



2024

Mon	Tue	Wed	Thu	Fri
International Pillow Fight Day 1 9-11 am Community Connection 11-12 pm Peer Pick-up 12-2 pm Crafty Corner 2-3 pm Pillow Fight 3-4 pm Trauma, Healing & Recovery	2 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role Play Day 2-3 pm 8 Dimensions of Wellness 3-4 pm Harm Reduction Works	3 10-11 am Voices and Visions Anonymous 11-12 pm Plastic Canvas Project 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	4 9-11 am Community Connection 11-12 pm LGBTQIA2S+ Group 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	5 Closed for Training 10-12 pm PSS/Volunteer Training Ask Teresa about Carpooling to attend this event.
8 9-11 am Community Connection 11-12 pm Daily Life Skills 12-2 pm Crafty Corner 2-3 pm Scrapbooking 3-4 pm Trauma, Healing & Recovery	National Unicorn Day 9 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Unicorn Potluck 3-4 pm Harm Reduction Works	10 10-11 am Voices and Visions Anonymous 11-12 pm Plastic Canvas Project 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	11 9-11 am Community Connection 11-12 pm LGBTQIA2S+ Group 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	12 Closed for Training
15 9-11 am Community Connection 11-12 pm Reading for Wellness 12-2 pm Crafty Corner 2-3 pm Community Exploration 3-4 pm Trauma, Healing & Recovery	16 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm 8 Dimensions of Wellness 3-4 pm Harm Reduction Works	National Peach Cobbler Day 17 10-11 am Voices and Visions Anonymous 11-12 pm Plastic Canvas Project 12-2 pm Adult Coloring 2-3 pm Eat Cobbler 3-4 pm 10 Components of Recovery	18 9-11 am Community Connection 11-12 pm LGBTQIA2S+ Group 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	19 10-12 pm PSS/Volunteer Meeting Greg Trotter 1-3 pm CEU Training (To Be Announced) 4 pm-5 pm Support Squad
22 9-11 am Community Connection 11-12 pm ABLE Music Jams 12-2 pm Crafty Corner 2-3 pm Monday Meditation 3-4 pm Trauma, Healing & Recovery	23 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Creative Writing 3-4 pm Harm Reduction Works	24 10-11 am Voices and Visions Anonymous 11-12 pm Plastic Canvas Project 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	National Go Fly a Kite Day 25 9-11 am Community Connection 11-12 pm LGBTQIA2S+ Group 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	26 9-4 pm Open for New Welcomes
Start at your local ABLE 29  Special Day Bonfire Bring a Lunch 10am-3pm	30 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm 8 Dimensions of Wellness 3-4 pm Harm Reduction Works			

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
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.

Motivational Mondays: w/Renee, Dani, Kassy & Tracy Let's get motivated to live the life we want! **Peer Pick-up** we will take care of our community building. **Daily Life Skills** we will go over various personal self-care activities. **Reading for Wellness**, we will work on intellectual skills building. And, in **ABLE Music Jams**, we will stimulate our brains with the power of music and make time for play!

Crafty Corner: w/Tracy Bring in your craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

Empowerment w/Dorothy Empowering each other while we set monthly **goals, scrapbook** together, **explore** our community, and **meditate**.

Trauma, Healing & Recovery: w/Tracy 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 solving problems.

Get Moving/Pool/Walk: w/Lady J/Tracy. Meet at the McMinnville Aquatic Center to exercise or come into Project ABE and walk with peers. No matter what you choose, let's get moving together!

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!

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

Calendar Event Descriptions

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!

Voices and Visions: w/Teresa We are all unique, and voices and visions can be equally unique in their characteristics, themes, interpretations, and effects. Come in to find understanding, support, and acceptance from peers. All are welcome!

Random Celebrations: w/Tracy Check the calendar for unique activities celebrating some weird national holidays throughout the year!



Special Day: Bonfire!

Please register for this event!
Monday, April 29th, 10 am-2 pm Meet at Project ABE 640 NE 3rd St. McMinnville for carpooling. This event is at a farm where we can pet animals and have a fire. Please bring a sack lunch. Please wear appropriate clothing for the weather and invite your friends!
Have any questions? 503-474-5509

New to Project ABE? Stop by our office for a "Welcome to ABE"!
Interested in volunteering? Stop by and check out our volunteering opportunities!
McMinnville Campus
640 NE 3rd St
McMinnville, OR

Plastic Canvas Project w/ Tracy A month-long art project where we create a Key Fob, Box, and wall-hanging.

Adult Coloring: w/Moya We will engage in coloring to promote mindfulness, reduce anxiety, and provide a creative outlet. This meditative activity will encourage a sense of calm and mental well-being.

Video Adventures w/ Lady J We will watch educational, inspirational, and just plain funny videos that promote intellectual wellness and a shared community experience. Come in with suggestions, topics, and ideas for this unique peer activity.

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

LGBTQIA2S+ Group w/ Joshua: Join us for talk and collaboration about current events and topics of interest to the community.

Empowered Peer: w/ Random Peer Every 5th Wednesday 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!

Peer's Choice: w/Tracy Come in to recover your way. There are plenty of choices to make, ask a peer for some inspiration!

Healthy Living: w/ Mellissa This peer-led activity 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**.

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."