











MAY



Mon	Tue	Wed	Thu	Fri
 	 	<p>1 9-10 Chillin' w/ABLE 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4 Paths to Employment - Resume May Day & Mother Goose Day Batman Day</p>	<p>2 9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LBGTQIA+ Group 12-1 Chair Yoga</p>	<p>3 10-12*PSS/Volunteer Meeting CEU Training today National Do Something for Yourself Day</p>
<p>6 9-10 Chillin' w/ABLE 10-12 Sew Amazing 12:30-1:30 *Life Changes 1-2*Pain Management Support 2-3*10 Components of Recovery 3-4 ABE Music Appreciation National Nurses Day (Thank a Nurse)</p>	<p>7 9-10 Chillin' w/ABLE 10-11*Veterans Coffee 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>8 9-10 Chillin' w/ABLE 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4 Paths to Employment - Resume</p>	<p>9 9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LBGTQIA+ Group 12-1 Chair Yoga</p>	<p>10 10-12*New Volunteer Orientation 1-3 Staff Training</p>
<p>13 9-10 Chillin' w/ABLE 10-12 Sew Amazing 12:30-1:30 *Life Changes 1-2*Pain Management Support 2-3*10 Components of Recovery 3-4 ABE Music Appreciation National Apple Pie Day</p>	<p>14 9-11 Chillin' w/ABLE 10-11*Veterans Coffee 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity National Dance Like a Chicken Day</p>	<p>15 9-10 Chillin' w/ABLE 10-11* Voices & Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4 Paths to Employment - Interviewing</p>	<p>16 9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LBGTQIA+ Group 12-1 Chair Yoga Love a Tree Day</p>	<p>17 10-12* PSS/Volunteer Meeting with Greg Trotter 1-3*CEU Training National Pizza Party Day Pretend You are an Animal Day</p>  
<p>20 9-10 Chillin' w/ABLE 10-12 Sew Amazing 12:30-1:30 *Life Changes 1-2*Pain Management Support 2-3*10 Components of Recovery 3-4 ABE Music Appreciation</p>	<p>21 9-11 Chillin' w/ABLE 10-11*Veterans Coffee 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity National Talk like Yoda Day</p>	<p>22 9-10 Chillin' w/ABLE 10-11 * Voices & Visions 11-12 *Veterans Coffee 12-2 *Adult Coloring Group 2-3 * Healthy Living 3-4* Diabetes and You 2-4* Paths to Employment- What to Wear or not to Wear to an interview!</p>	<p>23 9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LBGTQIA+ Group 12-1 Chair Yoga</p>	<p>24 10-12 Facilitator Meeting 1-3 ABE Birthday Celebration for April Birthdays! We are going to have a Birthday Scavenger hunt National Scavenger Hunt Day National Brothers Day</p>
<p>27 Memorial Day Closed in Observance of</p> 	<p>28 9-10 Chillin' w/ABLE 10-11*Veterans Coffee 11-12 Dual Diagnosis Anonymous 12-1* Yoga 12-2 National Hamburger Day - BBQ 1-2* Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>29 9-10 Chillin' w/ABLE 10-11 * Voices & Visions 11-12 *Veterans Coffee 12-2 *Adult Coloring Group 2-3 * Healthy Living 3-4* Diabetes and You 2-4* Paths to Employment – Mock Interview</p>	<p>30 9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LBGTQIA+ Group 12-1 Chair Yoga 2-4 pm National Creativity Day</p>	<p>31 National Smile Day Special Day Garden Party Potluck 10am-2pm</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.”

Grief Support 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 change 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.

Veteran’s Coffee w/ Anthony & RJ: A place where veteran’s and their families discuss current issues and share commonalities about serving their country.

Are you interested in being a Peer Support Specialist? Sign up for our trainings today! Call 503.363.3260

Special Days: Garden Party

Please register for this event!

**Friday, May 31st, 10 am-3 pm Hosted at
Project ABLE 640 NE 3rd St. McMinnville.**

**We will be planting a garden, having tea, and finger
foods, and making fancy paper hats.**

**Please bring finger food to share and a friend to join
in on the fun!**

Call 503.363.3260 to arrange a ride

**National Chicken Dance Day – where we will do the
chicken dance after each group.**

**May 17th is National Pizza Party, and we are going to
Party! Please register for this so we make sure we
have enough pizza!!**

Have any questions? 503.363.3260

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: Come join fellow enthusiasts to craft delightful and practical creations with fabric! Whether you bring your own machine, utilize one of ours, or prefer the traditional hand-sewing method, it's bound to be a fantastic experience. And with Deb around, the fun is guaranteed!

Neuroconnect: Welcome to our Neurodiverse Community Alliance! Individuals experiencing neurodiversity gather to forge connections and support each other through life's intricacies. Our aim is to create a nurturing environment where we can engage in dialogue, collaborate on solutions, and embark on collective healing journeys. Let's embrace our uniqueness and revel in our diversity! You're invited to join us just as you are; diagnoses are not required in this inclusive sanctuary!

Chillin' with ABLE w/staff ‘Curious about what goes on at Project Able? Stop in, ask questions, and check us out! This Peer activity gives you an opportunity to meet with your peer, get connected to a peer if you don't have one... or just hang out and play a game or two with like-minded people. Whether you're in the building or on zoom, we love the idea of Just Chillin' with you.

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 Series 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.****

Peer 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.....

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

Walk with ABLE w/ Nadia Outdoor or indoor, light moving activity or dancing to get you out of your seat and moving for a healthier you.

*May is the Month of Sunshine and flowers
birds in the Nest, and one or two showers.*

Games to play and kites to fly

Or just looking at the sky.

*We could spend a year this way if the year were
made of May*

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