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<p>1</p> <p>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 <b>April Fool's Day &amp; National Handmade Day</b></p>	<p>2</p> <p>9-11 Chillin' w/ABLE 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>3</p> <p>9-10 Chillin' w/ABLE 10-11* Voices &amp; Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4 Paths to Employment - <b>Resume National Peanut Butter and Jelly Day</b></p>	<p>4</p> <p>9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LGBTQIA+ Group 12-1 Chair Yoga 1-3* Dementia Support</p>	<p>5</p> <p>10-12*PSS/Volunteer Meeting <b>1-2 National Burrito Day - Potluck</b></p>
<p>8</p> <p>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 <b>Solar Eclipse</b> <b>PSS Training - Online</b></p> 	<p>9</p> <p>9-10 Chillin' w/ABLE 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity <b>National Unicorn Day</b> <b>PSS Training - Online</b></p>	<p>10</p> <p>9-10 Chillin' w/ABLE 10-11* Voices &amp; Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4 Paths to Employment - <b>Resume</b> <b>PSS Training - Online</b></p>	<p>11</p> <p>9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LGBTQIA+ Group 12-1 Chair Yoga 1-3* Dementia Support <b>PSS Training - Online</b></p>	<p>12</p> <p>10-12*New Volunteer Orientation 1-2 Staff Training 2-4 CEU Suicide Prevention - role plays. <b>(in person only)</b> <b>National Grilled Cheese Day</b> <b>PSS Training - Online</b></p>
<p>15</p> <p>9-10 Chillin' w/ABLE 10-12 Sew Amazing 12:30-1:30 *Life Changes 1-2*Depression w/ Pain 2-3*10 Components of Recovery 3-4 ABE Music Appreciation <b>PSS Training – Online</b> <b>National Tax Day – Taxes Due</b></p>	<p>16</p> <p>9-10 Chillin' w/ABLE 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity <b>National “Wear Your Pajamas to Work” Day (Pajama Party)</b></p>	<p>17</p> <p>9-10 Chillin' w/ABLE 10-11* Voices &amp; Visions 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3* Healthy Living 3-4* Diabetes and You 2-4* Paths to Employment- <b>Interviewing tips</b> 3-4 <b>National Haiku Poetry Day</b></p>	<p>18</p> <p>9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LGBTQIA+ Group 12-1 Chair Yoga 1-3* Dementia Support</p>	<p>19</p> <p>10-12* PSS/Volunteer Meeting with Greg Trotter 1-3*CEU Training <b>Trauma Bonding – What it is and how to avoid it (hybrid)</b></p>
<p>22 <b>PSS Training – In Person</b></p> <p>9-10 Chillin' w/ABLE 10-12 Sew Amazing 12:30-1:30 *Life Changes 1-2*Anxiety/ Stress w/ Pain 2-3*10 Components of Recovery 3-4 ABE Music Appreciation 2-4 <b>Earth Day &amp; National Jellybean Day</b></p>	<p>23 <b>PSS Training – In Person</b></p> <p>9-11 Chillin' w/ABLE 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</p>	<p>24 <b>PSS Training – In Person</b></p> <p>9-10 Chillin' w/ABLE 10-11 * Voices &amp; Visions 11-12 *Veterans Coffee 12-2 *Adult Coloring Group 2-3 * Healthy Living 3-4* Diabetes and You 2-4* Paths to Employment- <b>What to Wear or not to Wear to an interview!</b></p>	<p>25 <b>PSS Training – In Person</b></p> <p>9-10 Chillin' w/ABLE 10-11*Neuroconnect 10-11 Walk with ABE 11-12 Grief Support 11-12*LGBTQIA+ Group 12-1 Chair Yoga 1-3* Dementia Support</p>	<p>26 <b>PSS Training – In Person</b></p> <p>10-12 Facilitator Meeting 1-3 <b>ABE Birthday Celebration for April Birthdays!</b></p>
<p>29</p> <p>Please register to attend a <b>BONFIRE!!</b> We are heading to a local farm, wear appropriate clothing for weather, get to pet animals and have a</p> 	<p>30</p> <p>9-11 Chillin' w/ABLE 11-12 Dual Diagnosis Anonymous 12-1* Yoga 1-2* Dance With ABE 2-3*Trauma Healing &amp; Recovery 3-4:30 Tuesday Wellness Activity</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.

**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.

**Dementia Support** - Join us to create a welcoming environment for Peer led groups for caregivers, and individuals living with Alzheimer's and others dealing with the disease.

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

## Special Days: Bonfire

**Please register for this event!**

**This event is at a farm where we can pet animals and have a fire. Please bring a sack lunch and wear appropriate clothing for the weather and invite your friends!**

**National “Wear Your Pajamas to Work” Day – Wear your PJs at ABLE and let’s have a Pajama party (appropriate please)**

**National Haiku Poetry day – We will be doing Kaiku Poetry**

**Earth Day – Bring an empty water bottle and we will be making planters and planting plants**

**National Jellybean Day – How many Jellybeans in the jar? – Win a Project ABLE hoodie**

**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!

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

**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:** ‘Curious about what goes on at Project Able? Stop in, ask questions, have a cup of coffee, 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 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.....

**Diabetes and You w/Carol:** Join our community, where we offer a nurturing space for every aspect of your well-being. From emotional and mental health support to practical tips on meal planning and staying active, we’re here for you. Connect with others who understand your journey and can offer valuable insights and advice. Together, let’s embark on a path towards holistic wellness

*April cold with dripping rain  
Willows and lilacs brings again,  
The whistle of returning birds,  
And trumpet-lowing of the herds.  
–Ralph Waldo Emerson (1803–82)*

### **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