



McMinnville
June

2023

Mon	Tue	Wed	Thu	Fri
<p>9-11am Community Connection 11-12pm Peer Yoga 12-1pm Coping Skills 1-3:30pm Crafty Corner</p>	<p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Environmental) 3-4pm Harm Reduction Works</p>	<p>9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Non-Linear) 2-3pm Empowerment community</p>	<p>9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA</p>	<p>The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>9-11am Community Connection 11-12pm Peer Yoga 12-1pm Coping Skills 1-3:30pm Crafty Corner</p>	<p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Environmental) 3-4pm Harm Reduction Works</p>	<p>9-11am Community Connection 11-12pm Get Moving 12-1pm Peer Yoga 1-2pm Recovery (Non-Linear) 2-4pm Empowered Goals</p>	<p>Special Day Beach Trip 9am- 4pm</p>	<p>The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>Closed for the Observance of Juneteenth</p>	<p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Environmental) 3-4pm Harm Reduction Works</p>	<p>9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Non-Linear) 2-4pm Empowered Music</p>	<p>9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA</p>	<p>The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>9-11am Community Connection 11-12pm Peer Yoga 12-1pm Coping Skills 1-3:30pm Crafty Corner</p>	<p>9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Environmental) 3-4pm Harm Reduction Works</p>	<p>9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Non-Linear) 2-4pm Empowered Painting</p>	<p>9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA</p>	<p>The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

All Mac Campus groups are in person. Friday groups are by appointment only. In the event of inclement weather, groups will be via Zoom following the Salem Campus Calendar. To log into zoom, go to: projectable.org and select the Salem groups button.

Project ABLE, Inc.
 640 NE 3rd ST
 Phone: 503-474-5509
 9am-4pm Monday through Friday

Community Connection: w/ Tracy Come in, drink coffee and talk about issues affecting our community while connecting with peers. This Activity last for two hours.

Peer Yoga: w/Tracy. In this activity we follow different yoga styles on YouTube and modify moves to fit our own recovery. Come Share your energy with your peers!

Coping Skills: w/Olivia This peer led activity involves learning methods to deal with stressful situations. We will support one another in having action plans, being flexible and persistent in solving problems.

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

B.S.R.P. Role Play: w/Kacey(They, Them) 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: w/Ken A balanced life is a well lived life. Each week we will go over one of the dimensions of wellness and decide our own path to fulfillment.

Calendar Event Descriptions *OHP and Marketplace Assist: Call to schedule an appointment with Tracy*

Volunteer Meeting: *The first and third Friday of the month.*

Volunteer Orientation: *The second Friday of the month.*

CEU Trainings: *Every Friday excluding holidays.*



Special Day:

Beach Trip: June 15th 11am - 4pm

Carpooling is available upon request, and you will need to meet at ABLE by 10 am. If you are driving yourself, we will meet at Taft Park 825 Southwest 51st Street, Lincoln City, OR 97367 Please dress for the weather! And if you can bring a kite

Harm Reduction Works: w/Tiffany Explore wellness, your relationship with habits and or substances, in a safe, non-judgmental space. Let us walk together and support each other on this journey!

Get Moving: w John. Walk down third street with your peers (weather permitting) and go over strategies to keep the body moving!

Life Changes: w/Deb Every stage of life comes with its own set of changes and challenges. In this peer led activity we will cover a wide range of skills to handle what life throws our way.

Recovery: w/Emily Join us as we explore the 10 components of recovery; Self-Direction, Individualized and Person Centered, Strengths Based, Holistic, Non-linear, Peer Support, Empowerment, Respect, Responsibility and Hope!

Empowerment: w/Tracy Empowering each other while we Take care of the building, set goals, sing and paint. Every 5th Wednesday we have Empowered Peer.

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

Cards & Board Games: w/Gwendolyn Come play cards and boardgames in a friendly and supportive atmosphere. Bringing snacks is optional.

DDA: w/Emil Dual Diagnosis Anonymous Purpose - to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis."

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