



+A plus sign (+) denotes new group starting. @Denotes a program requiring **REGISTRATION**.  
**Zoom Meetings are on Tuesdays. Other Zoom meetings identified with \*.**

**ZOOM MEETINGS USE THE SAME MEETING ID, WEB ADDRESS AND PHONE NUMBER:**

**Meeting ID: 851 495 3888 PASSCODE: Pathways (Required)**

**Web Address: [https://us06web.zoom.us/j/851 495 3888](https://us06web.zoom.us/j/8514953888) Phone Number: 646 558 8656**

Monday	Tuesday	Thursday	Friday
<b>August 1</b>	<b>2</b>	<b>4</b>	<b>5</b>
11:00-12:00 – Healthy Relationships <b>(Safe Haven)</b> 12:00-12:45 – Writing My Story 12:45-1:30 – Check-In 1:30-3:00 – Art for Recovery	10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study ( <b>Pastor Andrew Foster</b> ) *2:00-3:00 – Strategic Plan Work	10:30-11:15 – Check-In 11:15-12:15 – Planning Committee 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again (Rev.) 2:00-3:00 – Finding Your Inner Poet	<b>11:00-3:00</b> <b>Fellowship Friday</b> Learn to cook your favorite comfort foods, then join us for the meal and games! Maybe even karaoke!
<b>8</b>	<b>9</b>	<b>11</b>	<b>12</b>
10:30-11:15 – Check-In *11:15-12:15 – Start Where You Are 12:30-1:30 – Hygiene Basics 1:30-3:00 – Sewing	10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study ( <b>Pastor Andrew Foster</b> ) *2:00-3:00 – Planning Committee	10:30-11:15 – Check-In 11:15-12:15 – Strategic Plan 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again 2:00-3:00 – Learning to Crochet	
<b>15</b>	<b>16</b>	<b>18</b>	<b>19</b>
10:30-11:15 – Check-In *11:15-12:15 – Emotional Intelligence 12:30-1:30 – Healthy Cooking Educ. 1:30-3:00 – Sewing	10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Sewing Lesson *2:00-3:00 – Strategic Plan Work	10:30-11:15 – Check-In 11:15-12:15 – Mental Health Terms 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again 2:00-3:00 – Learning to Crochet	<b>3:30-7:30</b> <b>Meal &amp; A Movie</b> Join us for dinner, a movie, and a discussion!
<b>22</b>	<b>23</b>	<b>Wednesday 24</b>	<b>25</b>
10:30-11:15 – Check-In 11:15-12:15 - Start Where You Are 12:30-1:30 – Planning Committee 1:30-3:00 – Sewing	<b>8:00-5:00 – Virtual Peer Supporter Conference</b>	<b>8:00-5:00 – Virtual Peer Supporter Conference</b>	10:30-11:15 – Check-In 11:15-12:15 – MH Terms 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again 2:00-3:00 – Learning to Crochet
<b>29</b>	<b>30</b>	<b>Other Activities that are always available:</b>	
10:30-11:15 – Check-In 11:15-12:15 – Emotional Intelligence 12:30-1:30 Discussion Topic: Maturity 1:30-3:00 – Sewing	10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study ( <b>Pastor Andrew Foster</b> ) *2:00-3:00 – Strategic Plan Work	<ul style="list-style-type: none"> <li>* Sewing</li> <li>* Coloring</li> <li>* Puzzles</li> <li>* Reading</li> <li>* Crocheting</li> <li>* Drawing</li> </ul> <p>And there is a quiet place where you can just “be.”</p>	

**Pathways Peer Support**

**Hours:** 10:00 AM – 3:00 PM on Monday, Tuesday & Thursday

**Address:** 34 W 2<sup>nd</sup> St, Ashland, OH

**Phone Number:** (419) 496-0140

**(Contact Deb Brookshire)**

*Outside Presenters Names are listed in 'bold.'*  
Group times are subject to change based on participant need



# PathwaysNewsletter

August 2022

Monthly Highlights



**Healthy Relationships** Group, facilitated by a guest speaker from **Safe Haven**, explores what healthy relationships look like, interdependence vs. dependence, spotting red flags, and possible solutions for breaking out of unhealthy relationship patterns. Join us on **Monday, August 1**.

**Art for Recovery** on **August 1** features tie-dyeing with bleach.

**Growing Up Again (August 4, 11, 18 and 25)** is starting up again, with a review on August 4. This group looks at the impact of trauma from a developmental perspective, and is a helpful guide for those who did not get what they needed emotionally growing up and are struggling with their own anger, sadness, and other feelings. It provides examples of ways to parent yourself so you can meet your own needs.

Pathways will offer **Fellowship Friday on August 5** from **11:00 pm-3:00**, with Meal and a Movie on Friday, **August 19**, from **3:30-7:30**.

**Emotional Intelligence** group begins again on **August 15 & 29**. This group looks at the ability to understand, use, evaluate, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

**Healthy Cooking Education** returns on **August 15**.

**Discussion Groups on Maturity (August 29)** and **Mental Health Terminology (August 18 & 25)** are scheduled.

We will be helping participants with training working toward peer supporter certification some mornings this month. See calendar for schedule. **We hope to be able to schedule a 40-hour training for certification of Peer Recovery Supporters soon. Please complete the e-Based Academy courses ASAP to be able to participate.**

We have **Check-In** every day, so folks can check in with each other, give and receive support, and identify areas they want to work on. Check the schedule for details.

During **Strategic Plan** and **Planning Committee** times this month, we will be working on promotional items for the publicity campaign.

**Bible Study** with **Pastor Andrew Foster** will be on **Tuesdays at 12:30**.

## August Birthday Celebration:

If you have an August Birthday, we will have a celebration on the last Tuesday of the month (8/30).

- We are open regular hours, with Zoom Groups on Tuesday.
- **Finding Your Inner Poet** on August 4
- **New Workbook-based Group, Start Where You Are**, begins August 8
- **Learning to Crochet** on August 11, 18, 25
- **Healthy Cooking Ed.** on August 15
- **Emotional Intelligence** Begins August 15