



+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: 863 2153 4637 PASSCODE: 050057 (Required)**

**Web Address: <https://us06web.zoom.us/j/86321534637> Phone Number: 646 558 8656**

Monday	Tuesday	Thursday	Friday
<p><b>January 3</b></p> <p>11:00-12:00 – Check-In</p> <p>*1:00-2:00 – Healthy Relationships (<b>Safe Haven</b>)</p> <p><b>+2:00-3:00 – Discussion Topic: Holiday Hold-Overs</b></p>	<p><b>4</b></p> <p>*11:00-12:00 – Check-In</p> <p>*12:30-2:00 – Bible Study</p> <p>*+2:00-3:00 – <b>Braving the Wilderness</b></p>	<p><b>6</b></p> <p>11:00-12:00 – Emotional Blackmail/ Boundaries</p> <p>12:30-1:00 – Check-In</p> <p>1:00-1:30 – Sweatin’ to the Oldies</p> <p>2:00-3:00 – Writing My Story</p>	<p><b>7</b></p>
<p><b>10</b></p> <p>11:00-12:00 – Check-In</p> <p><b>+1:00-3:00 – Self-Awareness Art Project</b></p>	<p><b>11</b></p> <p>*11:00-12:00 – Check-In</p> <p>*12:30-2:00 – Bible Study</p> <p>*2:00-3:00 – Playing the Harmonica (<b>Angel Foss</b>)</p>	<p><b>13</b></p> <p>11:00-12:00 – Check-In</p> <p>12:30-1:00 – Sweatin’ to the Oldies</p> <p>1:00-3:00 – e-Based Academy (Health &amp; Wellness in PRS)</p>	<p><b>14</b></p>
<p><b>17</b></p> <p><b>CLOSED FOR Martin Luther King, Jr. Day</b></p>	<p><b>18</b></p> <p>*11:00-12:00 – Check-In</p> <p>*12:30-2:00 – Bible Study (<b>Pastor Andrew Foster</b>)</p> <p>*2:00-3:00 – Braving the Wilderness</p>	<p><b>20</b></p> <p>11:00-12:00 – Emotional Blackmail/ Boundaries</p> <p>12:30-1:00 – Check-In</p> <p>1:00-1:30 – Sweatin’ to the Oldies</p> <p>1:30-3:00 – Sewing</p>	<p><b>21</b></p> <p><b>11:00-3:00 Fellowship Friday</b></p> <p>Join us for a meal, games, and <b>Karaoke!</b></p>
<p><b>24</b></p> <p>11:00-12:00 – Check-In</p> <p>1:00-1:30 – Sweatin’ to the Oldies</p> <p><b>+2:00-3:00 – Discussion Topic: What I Want to Be When I Grow Up</b></p>	<p><b>25</b></p> <p>*11:00-12:00 – Check-In</p> <p>12:00-12:30 – Birthday Celebration</p> <p>*12:30-2:00 – Bible Study (<b>Pastor Andrew Foster</b>)</p> <p>*+2:00-3:00 – <b>Rhythms for Recovery (Angel Foss)</b></p>	<p><b>27</b></p> <p>11:00-12:00 – Check-In</p> <p>1:00-2:00 – Sense of Self</p> <p>2:00-3:00 – Planning Committee</p>	<p><b>28</b></p>
<p><b>31</b></p> <p>11:00-12:00 – Check-In</p> <p>12:30-1:00 – Sweatin’ to the Oldies</p> <p>1:00-3:00 – Planning Committee</p>	<p><b>February 1</b></p> <p>*11:00-12:00 – Check-In</p> <p>12:00-12:30 – Birthday Celebration</p> <p>*12:30-2:00 – Bible Study (<b>Pastor Andrew Foster</b>)</p> <p>*2:00-3:00 – Braving the Wilderness</p>	<p><b>3</b></p> <p>11:00-12:00 – Emotional Blackmail/ Boundaries</p> <p>1:00-2:00 – Check-In</p> <p><b>+2:00-3:00 – Interpersonal Communication</b></p>	<p><b>4</b></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 or Lainy Allen)**

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



# PathwaysNewsletter

January 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, January 3**.

We will have several Discussion Topic groups this month, including **Holiday Hold-Overs** on **Monday, January 3**, and **What I Want to Be When I Grow Up** on **Monday, January 24**.

We are offering a **new group** this month, **Braving the Wilderness**. This is a discussion group based on the book, and focuses on how we think of ourselves, show up for each other, and connect us to ourselves and one another. It will be every two weeks, beginning **Tuesday, January 4 at 2:00**.

Join us for weekly exercise in **Sweatin to the Oldies**, Thursday, **January 6**, Thursday, **January 13**, Thursday, **January 20**, Monday, **January 24**, and Monday, **January 31**.

There will be a **Self-Awareness Art Project** on **Monday, January 10**.

Angel Foss, music therapist from Samaritan/UH will be teach us to play the harmonica, in person and via Zoom, on **Tuesday, January 11**, and will begin a new group on **Rhythms for Recovery** on **Tuesday, January 25**.

We will be helping participants with training to work toward peer supporter certification, with **Health & Wellness in PRS** on **Thursday, January 13**.

This month we are again offering **Fellowship Friday**, on **Friday, January 21, 11:00-3:00**. We will eat together and enjoy **karaoke**!

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

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

## January Birthday Celebration:

If you have a January Birthday, we will have a celebration on the last Tuesday of the month (1/25).

- We are open regular hours, with some
- Zoom groups. We require masks for unvaccinated folks.
- Check out new groups added regularly.
- New Groups – Self-Awareness Art Project; Braving the Wilderness; Rhythms for Recovery; other Discussion Topics