



+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
<p><b>February 28</b></p> <p>10:00-11:00 – e-Based Academy</p> <p>11:00-12:00 Boundaries</p> <p>1:00-2:00 – Check-In</p> <p>2:00-3:00 Writing Your Story</p> <p>3:00-4:00—RSVP Meeting</p>	<p><b>March 1</b></p> <p>10:00-11:00 – e-Based Academy</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>3</b></p> <p>10:00-11:00 – e-Based Academy</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>4</b></p> <p><b><u>9:00-10:30 – Special Careline Training: Time Management &amp; Setting Healthy Boundaries in Self-Care</u></b></p>
<p><b>7</b></p> <p>10:00-11:00 – e-Based Academy</p> <p>11:00-12:00 – Check-In</p> <p>12:30-1:00 – Sweatin’ to the Oldies</p> <p>1:00-2:00 – Healthy Relationships (Safe Haven)</p> <p>2:00-3:00 Sewing</p>	<p><b>8</b></p> <p>10:00-11:00 – e-Based Academy</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 – Music to Manage Stress (<b>Rebekah Smith</b>)</p>	<p><b>10</b></p> <p>10:00-11:00 – e-Based Academy</p> <p>11:00-12:00 – Check-In</p> <p>1:00-2:00 – Sense of Self</p> <p>2:00-3:00—Art for Recovery</p>	<p><b>11</b></p> <p><b><u>1:00-2:30 – Special Careline Training: Supporting Callers with Intellectual/Developmental Disabilities &amp; MH Conditions</u></b></p>
<p><b>14</b></p> <p>10:00-11:00 – e-Based Academy</p> <p>11:00-12:00 – Emotional Blackmail/Boundaries</p> <p>1:00-2:00 – Check-In</p> <p>2:00-3:00 – Planning Committee</p>	<p><b>15</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>17</b></p> <p>10:00-11:00 – e-Based Academy</p> <p>11:00-12:00 –Check-In</p> <p><b>+12:00-1:00 – St. Paddy’s Brunch</b></p> <p>1:00-1:30 – Sweatin’ to the Oldies</p> <p>1:30-3:00 – Sewing</p>	<p><b>18</b></p> <p><b>12:00-4:00 Fellowship Friday</b> Join us for a meal, games, and <b>Karaoke!</b></p>
<p><b>21</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>22</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 –Music (<b>Rebekah Smith</b>)</p>	<p><b>24</b></p> <p><b><u>9:00-12:15 – Special Careline Training: Time Management &amp; Setting Healthy Boundaries in Self-Care</u></b></p> <p>1:00-2:00 – Check-In</p> <p>2:00-3:00 – Planning Committee</p>	<p><b>25</b></p> <p><b>3:30-7:30 Meal &amp; A Movie</b> Join us for dinner, a movie, and a discussion!</p>
<p><b>Monday 28</b></p> <p>11:00-12:00 – Check-In</p> <p>1:00-2:00 – Planning Committee</p> <p>2:00-3:00 – Sewing</p>	<p><b>Tuesday 29</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>Wednesday 30</b></p> <p><b>8:15-4:30: RSVP Conference at Ashland University Convocation Center</b></p>	<p><b>Thursday 31</b></p> <p>11:00-12:00 – Emotional Blackmail/ Boundaries</p> <p>12:30-1:00 – Sweatin’ to the Oldies</p> <p>1:00-2:00 – Check-In</p> <p><b>+2:00-3:00 – Interpersonal Communication</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

March 2022

Monthly Highlights

The logo features the word "PATHWAYS" in a large, red, serif font, with "Peer Support" in a smaller, red, sans-serif font below it. The text is contained within a white speech bubble shape that has a tail pointing towards the bottom right. The entire logo is set against a solid red background.

Colder weather means snow and ice! **Reminder: if Ashland City Schools have a snow day, Pathways also is closed.**

We are continuing a series of short **trainings** to help train volunteers to staff a **care-line**/warm-line. These occur on **March 4, 11 and 24**. See calendar for details.

**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, March, 7**.

**Rebekah Smith**, new music therapist from Samaritan/UH will continue to lead us in therapeutic musical activities, in person and via Zoom, on **March 8** and **March 22**.

Pathways will offer **Fellowship Friday on March 18** from **12:00 pm-4:00**, with Meal and a Movie on Friday, March 25, from 3:30-7:30.

We will have a special treat to celebrate **St. Patrick's Day** on **Thursday, March 17**.

We will have a **Discussion Topic** group this month, **What I Want to Be When I Grow Up**, on **Monday, March 21**.

Join us on **Wednesday, March 30, 8:15-4:30** at **AU Convocation Center** for the annual **RSVP Conference**. Some scholarships are available, so please let us know ASAP if you are interested in attending.

A new group, **Interpersonal Communication**, will begin on **Thursday, March 31**. This group will focus on learning the skills for meaningful interactions and relationships that many of us missed.

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

We will be helping participants with training working toward peer supporter certification some mornings this month. See calendar for schedule.

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.

- We are open regular hours, with Zoom groups on Tuesday.
- **We require masks to attend.**
- Careline Training on March 4, 11 & 24.
- St. Patrick's Day Treat on March 17.
- **Wednesday, March 30 – Annual RSVP Conference at AU**
- **New Group** begins Thursday, March 31 – **Interpersonal Communication**

## March Birthday Celebration:

If you have a March Birthday, we will have a celebration on the last Tuesday of the month (3/29).