



+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
November 1	2	4	5
11:00-12:00 – Check-In *1:00-2:00 – Healthy Relationships (Safe Haven) *2:00-3:00 – Book Club	*11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) +*2:00-3:00 – Playing the Harmonica (Angel Foss)	11:00-12:00 – Check-In 1:00-3:00 – Christmas Sewing Project	
8	9	11	12
11:00-12:00 – Check-In 12:30-1:00 – Practice Ukulele 1:00-2:00 – Sense of Self 2:00-3:00 – Writing My Story	*11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) +2:00-3:00 – Christmas Sewing Project	11:00-12:00 – Emotional Blackmail/ Boundaries 1:00-2:00 – Check-In *2:00-3:00 – Book Club	11:00-3:00 Fellowship Friday Join us for a meal, games, and activities
15	16	18	19
11:00-12:00 – Check-In 1:00-3:00 – Holiday Art Project	*11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) *2:00-3:00 – Playing the Ukulele (Angel Foss)	11:00-12:00 – Emotional Blackmail/ Boundaries 12:30-1:00 – Check-In 1:00-3:00 – Christmas Sewing Project	
22	23	25	26
3:30-7:30 Thanksgiving Dinner	*11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) 2:00-3:00 – Christmas Sewing Project	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
29	30	DECEMBER 2	3
10:00-12:00 – Working on “The Plan” with Michael King 1:00-2:00 – Check-In 2:00-3:00 – Discussion Topic: Gratitude and Thankfulness	*11:00-12:00 – Check-In 12:00-12:30 – Birthday Celebration *12:30-2:00 – Bible Study (Pastor Andrew Foster) *2:00-3:00 – Drum Circle (Angel Foss)	11:00-12:00 – Emotional Blackmail/ Boundaries 12:30-1:00 – Check-In 1:00-3:00 – Christmas Sewing Project	

Pathways Peer Support

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

Address: 34 W 2nd St, Ashland, OH
Phone Number: (419) 289-1903 ext. 24
(Contact Deb Brookshire or Lainy Allen)

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



PathwaysNewsletter

November 2021



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, November 1**.

Angel Foss, music therapist from Samaritan/UH will be leading a music-based activity, in person and via Zoom, on **Tuesday, November 2 (Learning to Play the Harmonica)**, on **Tuesday, November 16 (Playing the Ukulele)**, and on **Tuesday, November 30 (Drum Circle)**. In Playing the Ukulele, we are practicing some Christmas carols we can sing with.

We are starting a six-week **Christmas Sewing Project** on **Thursday, November 4**. Participants will be able to choose two or three sewing projects they can complete to give as gifts for Christmas. A couple options include making a heat/cool pad, throw pillow, or Christmas banner.

On **Monday, November 8**, we will continue working on uncovering our authentic self in **Sense of Self** at 1:00.

Writing My Story continues on **Monday, November 8**. This is a once a month group that helps you create your life story, a small piece at a time.

We are offering a few sessions of **Emotional Blackmail/Boundaries** during **November (11 & 18)** which will include some role-playing for handling difficult situations/relationships.

This month we are again offering **Fellowship Friday**, on **Friday, November 12, 11:00-3:00**. We will teach you how to cook a favorite comfort food, then enjoy playing cards and games together.

Two new groups this month: **Monday, November 15: Holiday Art Project at 1:00**, and **Monday, November 29: Discussion Topics**.

This month, in place of Meal and A Movie, we will provide our annual **Thanksgiving Dinner** on **Monday, November 22**. Please let us know if you are interested.

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

- We are now open regular hours, with some Zoom groups. We once again are requiring masks and social distancing.
- Check out new groups added regularly.
- New Groups –
Playing the Harmonica;
Holiday Art Project;
Christmas Sewing Project;
Thanksgiving Dinner;
Discussion Topics

November Birthday Celebration:

If you have a November Birthday, we will have a celebration on the last Tuesday of the month (11/30).