



+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>Other Activities that are always available:</p> <ul style="list-style-type: none"> * Sewing * Coloring * Puzzles <p>And there is a quiet place where you can just “be.”</p>	<ul style="list-style-type: none"> * Reading * Crocheting * Drawing 	<p>September 1</p> <p>10:30-11:15 – Check-In 11:15-12:15 – Planning Committee 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again 2:00-3:00 – Finding Your Inner Poet</p>	<p>2</p>
<p>5</p> <p>CLOSED FOR LABOR DAY</p>	<p>6</p> <p>10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) *2:00-3:00 – Planning Committee</p>	<p>8</p> <p>10:30-11:15 – Check-In +11:15-12:15 – The Rescue Triangle 12:45-1:00 - Exercise 1:00-3:00 – Sewing/Projects for MHRB Lunch</p>	<p>9</p>
<p>12</p> <p>11:00-12:00 – Healthy Relationships (Safe Haven) 12:00-12:45 – Writing My Story +12:45-1:45 – Start Where You Are 2:00-3:00 – Hygiene Basics</p>	<p>13</p> <p>10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) 2:00-3:00 – Strategic Plan Work</p>	<p>15</p> <p>10:00-6:00 – Pathways Open House</p>	<p>16</p> <p>11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!</p>
<p>19</p> <p>10:30-11:15 – Check-In 11:15-12:15 – Emotional Intelligence 12:30-1:30 – Healthy Cooking Educ. 1:30-3:00 – Sewing</p>	<p>20</p> <p>10:00-11:00 – e-Based Academy *11:00-12:00 – Check-In *12:30-2:00 – Bible Study (Pastor Andrew Foster) *2:00-3:00 – Strategic Plan</p>	<p>22</p> <p>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 – Projects for MHRB Lunch</p>	<p>23</p> <p>Please support the 6th Annual Suicide Prevention & Awareness Walk on Sunday, Sept. 25, 1:30-4:00 at the Convocation Center</p>
<p>26</p> <p>10:30-11:15 – Check-In 11:15-12:15 – Emotional Intelligence 12:30-1:30 – Start Where You Are 1:30-3:00 – Sewing</p>	<p>27</p> <p>10:00-11:00 – e-Based Academy *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 – Strategic Plan</p>	<p>29</p> <p>10:30-11:15 – Check-In 11:15-12:15 – The Rescue Triangle 12:45-1:00 - Exercise 1:00-2:00 – Growing Up Again 2:00-3:00 – Projects for MHRB Lunch</p>	<p>30</p> <p>3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!</p>

Pathways Peer Support

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

Address: 34 W 2nd St, Ashland, OH

Phone Number: (419) 496-0140

(Contact Deb Brookshire or Kate)

Outside Presenters Names are listed in ‘bold.’

Group times are subject to change based on participant need



PathwaysNewsletter

September 2022

Monthly Highlights



Growing Up Again is offered **September 1, 22 and 29**.

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, September 12**.

New group on The Rescue Triangle will be presented on **September 8 & 29**.

New group, Start Where You Are, is a book-based group to spark self-reflection and begins on **September 12 & 26**.

Pathways will offer **Fellowship Friday on September 16** from **11:00 pm-3:00**, with Meal and a Movie on Friday, **September 30**, from **3:30-7:30**.

Emotional Intelligence group begins again on **September 19 & 26**. 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 **September 19**.

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.

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

Please support the **6th Annual Suicide Prevention & Awareness Walk** on **Sunday, Sept. 25, 1:30-4:00** at the **Convocation Center**. Register at: <https://www.eventbrite.com/e/6th-annual-suicide-prevention-awareness-walk-tickets-382954295607>

- **Finding Your Inner Poet** on September 1
- **New Workbook-based Group, Start Where You Are**, begins **September 12**
- **New Group: The Rescue Triangle – September 8 & 29**
- **Healthy Cooking Ed.** on September 19
- **OPEN HOUSE: 10:00 AM – 6:00 PM, Thursday, SEPTEMBER 15**

September Birthday Celebration:

If you have a September Birthday, we will have a celebration on the last Tuesday of the month (9/27).