



+A plus sign (+) denotes new group starting. @Denotes a program requiring REGISTRATION.

**Teams Meetings are on Tuesdays. Other Teams meetings identified with \*.**

**TEAMS MEETINGS USE THE SAME LINK EVERY TIME**

<https://teams.microsoft.com/j/meetup->

Monday	Tuesday	Thursday	Friday
<b>December 1</b> 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships ( <b>Safe Haven</b> ) 12:15-1:00 – Emotional Blackmail 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>2</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – Budget Basics +*2:00-3:00 – Being A Safe Person	<b>4</b> 10:15-11:00 – Check-In +11:00-12:30 – Peer Leadership: Power of Yet 12:30-12:45 – Exercise 1:00-2:00 – Personal Medicine 2:00-3:00 – Boundaries	<b>5</b> <b>11:00-3:00 Fellowship Friday</b> Learn to cook your favorite comfort foods, then join us for the meal and games!
<b>8</b> 10:15-11:00 – Check-In +11:00-12:00 – Dreaming: Living Beyond Today 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>9</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – Setting/Reviewing Goals *2:00-3:00 – Being A Safe Person	<b>11</b> 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine (PM) 12:30-1:00 – PM: One-on-One 1:30-3:00 – Clean Up Sewing Room	<b>12</b> <b>10:00-3:00 – Pathways in Loudonville</b> St. Peter's Rectory House 220 E Butler St, Loudonville
<b>15</b> 10:15-11:00 – Check-In 11:00-12:00 – Emotional Intelligence 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>16</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – Hiding From Love *2:00-3:00 – Art for Recovery	<b>18</b> 10:15-11:30 – Check-In 11:45-12:00 – Exercise 12:00-3:00 – Christmas Brunch & White Elephant Gift Exchange	<b>19</b>
<b>22</b> 10:15-11:00 – Check-In 11:00-12:00 – Baking Christmas Cookies 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>23</b> *10:15-11:00 – Check-In +*11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – Decorating Christmas Cookies	<b>25</b> <b>CLOSED for Christmas</b>	<b>26</b>
<b>29</b> 10:15-11:30 – Check-In 11:30-12:30 – Personal Medicine 12:30-1:30 – Pantry Cooking 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>30</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:00-1:00 – Birthday Celebration *1:00-2:00 – Emotional Blackmail *2:00-3:00 – Looking to the New Year	<b>January 1</b> <b>CLOSED for NEW YEAR</b>	<b>2</b>

## 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 Shannon)**

*Outside Presenters Names are listed in 'bold.'*

Group times are subject to change based on participant need



# PathwaysNewsletter

December 2025

Monthly Highlights



Colder weather means snow and ice! **Reminder: if Ashland City Schools have a snow day and are closed, Pathways building also is closed.** **HOWEVER, this year groups still will be held online on Teams.** (We are utilizing Teams for all “telehealth” meetings. The link is at the top of the calendar. You should be able to go straight there, but you may be required to download the Teams app. Please follow the directions provided.

**Pathways will be closed on Thursday, December 25, for Christmas, and Thursday, January 1 for New Year.**

**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, December 1.**

**Fellowship Friday** will be **Friday, Dec. 5, 11:00-3:00.** Pathways will be in **Loudonville** at St. Peter’s Rectory House on **Friday, Dec. 12, 10:00-3:00.**

Pathways will host a web-based training on **Peer Support Leadership Training: The Power of Yet (12/4)**

We have several new groups and continuing groups this month: **Being a Safe Person (12/2 & 9), Budget Basics (12/2), Hiding From Love (12/16), Dreaming: Living Beyond Today (12/8), and Personal Medicine.**

**Christmas activities** include making Christmas ornaments in **Art for Recovery (12/16), Christmas Brunch & White Elephant Gift Exchange (12/18), Baking Christmas Cookies (12/22), and Decorating Christmas Cookies (12/23).**

**Check Facebook for other events happening in the Recovery Community.**

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 calendar.

**Bible Study with Pastor Andrew Foster** is on **Tuesdays at 11:00.**

- **Healthy Relationships**
- **Christmas Activities**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **Hiding from Love**
- **Dreaming: Living Beyond Today**
- **Personal Medicine**
- **Being a Safe Person**
- **Dreaming: Living Beyond Today**
- **Budget Basics**
- **Fellowship Friday**

## December Birthday Celebration:

If you have a December Birthday, we will have a celebration on the last Tuesday of the month (12/30).