



+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/l/meetup->

Monday	Tuesday	Thursday	Friday
<b>February 2</b> 10:00-10:30 – Check-In 10:30-11:30 – RSVP Planning Cmte 11:30-12:30 – Healthy Relationships ( <b>Safe Haven</b> ) 12:45-1:00 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>3</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) <b>12:00-1:00 – Rescheduled January Birthday Celebration</b> *1:00-2:00 – Budget Basics +*2:00-3:00 – Planning Committee	<b>5</b> 10:15-11:00 – Check-In +11:00-12:30 – Peer Leadership: Cultural Competence 12:30-12:45 – Exercise 1:00-2:00 – Personal Medicine 2:00-3:00 – Boundaries - Physical	<b>6</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>9</b> 10:15-11:00 – Check-In 11:00-12:30 – Making a Roux 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>10</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 – Boundaries - Emotional	<b>12</b> 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine (PM) 12:30-12:45 – Exercise @+1:00-2:30 – Make Your Own Teas ( <b>Mandy Heilman</b> ) @ (Please Register for this Workshop)	<b>13</b> <b>10:00-3:00 – Pathways in Loudonville</b> St. Peter's Rectory House 220 E Butler St, Loudonville
<b>16</b> <b>CLOSED for Presidents' Day</b>	<b>17</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 – Art for Recovery	<b>19</b> <b>Pathways OPENING at 11:00</b> 11:15-12:00 – Check-In 12:00-12:15 – Exercise 12:30-1:30 – Boundaries – With Self 1:45-2:45 – What is Mirepoix?	<b>20</b>
<b>23</b> 9:00-10:30 – Motivation Interviewing 10:45-11:30 – Check-In 12:00-1:00 – What is a well-stocked Pantry? 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>24</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:00-1:00 – Birthday Celebration *1:15-1:30 – Exercise *1:45-2:45 – Being a Safe Person	<b>26</b> 10:15-11:00 – Check-In +11:00-12:00 – Peer Leadership: Holding Hope in Hard Systems +12:00-1:00 – PRO Lunch-n-Learn 1:15-1:30 – Exercise 1:45-2:45 – Personal Medicine	<b>27</b> <b>3:30-7:30 Meal &amp; A Movie</b> Join us for dinner, a movie, and a discussion!
<b>March 2</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>3</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:00-1:00 – Budget Basics *1:00-2:00 – Emotional Blackmail *2:00-3:00 – Planning Committee	<b>5</b> 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine (PM) 12:30-12:45 – Exercise +1:00-2:00 – Managing Anger 2:00-3:00 – Clean Up Sewing Room	<b>6</b> <b>11:00-3:00 Fellowship Friday</b> Learn to cook your favorite comfort foods, then join us for the meal and games!

## 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

February 2026

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 Monday, February 16, for Presidents’ Day.**

**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, February 2.**

The **January Birthday Celebration** was postponed due to weather, and will be held on **Tuesday, February 3.**

**Fellowship Friday** will be **Friday, Feb. 6, 11:00-3:00.** Pathways will be in **Loudonville** at St. Peter’s Rectory House on **Friday, Feb. 13, 10:00-3:00.**

Pathways will host a web-based training on **Peer Support Leadership Trainings: Cultural Competence (2/5)** and **Holding Hope in Hard Systems (2/26).** We will host the **PRO monthly training** on **Thursday, February 26.**

We will host a **special event** on **Thursday, February 12, Make Your Own Teas**, with Mandy Heilman, 1:00-2:30. Please **REGISTER** for this if interested.

We have several new groups and continuing groups this month: **Being a Safe Person (2/24), Budget Basics (2/3), Personal Medicine, Stocking Your Pantry, Boundaries**, and other. Check calendar.

**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**
- **Make Your Own Teas**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **Personal Medicine**
- **Being a Safe Person**
- **Budget Basics**
- **Fellowship Friday**
- **Cultural Competence**
- **Pantry Basics**
- **Boundaries**

## February Birthday Celebration:

If you have a February Birthday, we will have a celebration on the last Tuesday of the month (2/24).