



+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
<u>29</u> 10:15-11:15 – Check-In 11:30-12:30 – Personal Medicine 12:45-1:00 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<u>30</u> *10:15-11:00 – Check-In *11:00-12:00 – What Is Friendship? *12:00-1:00 – Birthday Celebration *1:00-3:00 – Lasting Impact of Trauma	July <u>2</u> 10:15-11:00 – Check-In 11:00-12:30 – Lies We Believe 12:30-12:45 – Exercise 1:00-2:00 – Managing Anger 2:00-3:00 – Clean Up Sewing Room	<u>3</u> CLOSED for Independence Day
<u>6</u> 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<u>7</u> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *12:30-1:30 – Budget Basics *1:45-2:45 – Planning Committee	<u>9</u> CLOSED Due to Peer Supporter Conference in Columbus	<u>10</u> 10:00-3:00 – Pathways in Loudonville St. Peter’s Rectory House 220 E Butler St, Loudonville
<u>13</u> 10:15-11:00 – Check-In 11:30-12:30 – Visit with Sheryl 12:30-12:45 – Exercise 1:00-3:00 – Heated Rice Bags with Recovery Arrows 1:00-3:00 – One-on-One	<u>14</u> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *12:30-1:30 – Setting/Reviewing Goals 1:30-2:45 – What Is Friendship?	<u>16</u> 11:00-12:00 – Peer Leadership: Peer Support LifeCycle 12:15-12:30 – Exercise 12:30-1:30 – Check-In 1:30-3:00 – Personal Medicine	<u>17</u>
<u>20</u> 10:15-11:00 – Check-In 11:00-12:00 – Emotional Blackmail 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<u>21</u> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) 12:15-12:30 – Exercise *12:30-1:30 – Getting the Most Out of Therapy *1:45-2:45 – Being A Safe Person	<u>23</u> 10:00-11:00 – Check-In 11:00-12:00 – Intro. to EFT (Tapping) 12:30-12:45 – Exercise 1:00-3:00 – Completing Peer Supporter Re-Certifications	<u>24</u> 11:00-3:00 Fellowship Friday at the Park Learn to cook your favorite comfort foods, then join us for the meal and games!
<u>27</u> 10:15-11:30 – Check-In 11:30-12:30 – Stocking Your Pantry 12:30-12:45 – Exercise 1:00-2:00 – Suicide Awareness Walk Planning Meeting 2:00-3:00 – Sewing 2:00-3:00 – One-on-One	<u>28</u> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration 1:15-1:30 – Exercise *1:30-2:45 – Safe People, Safe Spaces	<u>30</u> Pathways OPENING at 11:00 11:15-12:00 – Check-In 12:15-12:30 – Exercise 12:30-1:30 – Hiding From Love 1:30-3:00 – Clean Up Sewing Room	<u>31</u> 3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!

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 Shannon)

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



PathwaysNewsletter

July 2026

Monthly Highlights



Pathways will be **CLOSED Friday, July 3** in observance of **Independence Day**.

Pathways will be **CLOSED Thursday, July 9**, for the Peer Supporter Conference held in Columbus that is being attended by several participants.

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, July 6**.

Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, July 10, 10:00-3:00**.

Fellowship Friday is a **PICNIC at the Park** on **Friday, July 24, 11:00-3:00**. It will be at the pavilion near the duck pond.

We continue groups this month on: **Hiding From Love, Budget Basics, Pantry Cooking, Personal Medicine**, and other popular favorites. Check calendar for full schedule.

We continuing new groups on **Managing Anger (7/2), Lies We Believe (7/2), Life Goals (7/14), What Is Friendship? (7/7 & 7/14), and "Tapping" (7/23)**.

The MHRB **Suicide Awareness & Prevention Walk Planning Committee** will be on **Monday, July 29, at 1:00**.

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**
- **Emotional Regulation**
- **Pathways in Loudonville**
- **Sewing**
- **Emotional Blackmail**
- **Setting Goals**
- **Budget Basics**
- **Hiding from Love**
- **Personal Medicine**
- **Managing Anger**
- **"Tapping"**
- **Stocking Your Pantry**
- **Being a Safe Person**
- **Heated Rice Bags**
- **Picnic at the Park**

July Birthday Celebration:

If you have a July Birthday, we will have a celebration on the last Tuesday of the month (07/28).