

+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
August 3 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	4 *10:15-11:00 – Check-In *11:00-12:00 – Personal Medicine 12:15-12:30 – Exercise *1:00-2:00 – Safe People, Safe Spaces *2:00-3:00 – Planning Committee	6 10:15-11:00 – Check-In 11:00-12:00 – Peer Leadership: Professionalism 12:15-12:30 – Exercise 12:45-1:45 – Managing Anger 2:00-3:00 – Peer Re-Certification	7 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games
10 10:15-11:00 – Check-In 11:30-12:30 – Visit with Sheryl 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	11 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Setting/Reviewing Goals *2:00-3:00 – Emotional Intelligence	13 10:15-11:00 – Check-In 11:00-12:30 – Lies We Believe 12:30-12:45 – Exercise 1:00-2:00 – EFT: Tapping 2:00-3:00 – Boundaries	14 10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville
17 10:15-11:30 – 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	18 *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:15-12:30 – Exercise *1:00-2:00 – Getting the Most Out of Therapy *2:00-3:00 – Budget Basics	20 Pathways OPENING at 11:00 11:00-12:00 – Check-In 12:15-12:30 – Exercise 1:00-2:00 – Owning Your Life 2:00-3:00 – What Is Friendship?	21
24 10:15-11:00 – Check-In 11:00-12:00 – Emotional Blackmail 12:30-12:45 – Exercise 1:00-2:00 – Suicide Walk Planning 1:00-3:00 – Sewing 2:00-3:00 – One-on-One	25 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration *1:00-2:00 – Benefits of Journaling *2:00-3:00 – Team-Building Activities	27 10:15-11:00 – Check-In 11:00-12:00 – Personal Medicine 12:00-1:00 – PRO Lunch-n-Learn 1:00-2:00 – Conversation Topics 2:00-3:00 – Clean Up Sewing Room	28 3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!
31 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	September 1 *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:15-12:30 – Exercise *1:00-2:00 – Emotional Intelligence *2:00-3:00 – Lies We Believe	3 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine 12:30-12:45 – Exercise 1:00-2:00 – Managing Anger 2:00-3:00 – Being A Safe Person	4

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

August 2026

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, August 3**.

Fellowship Friday will be **Friday, August 7, 11:00-3:00**. Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, August 14, 10:00-3:00**. We will host **Meal and a Movie Friday, August 28, 3:30-7:30**.

Pathways will host a web-based training on **Peer Support Leadership Training: Professionalism (8/6)**, and **PRO Lunch-n-Learn (8/27)**.

We will be continuing groups on **Managing Anger (8/6)**, **Setting Goals (8/11)**, and **Personal Medicine (8/4 & 17 & 27 & 31)**. We are continuing the group on **What Is Friendship (8/20)**. Some of our continuing groups this month: **Budget Basics (8/18)**, **Emotional Intelligence (8/11)**, and others (Emotional Blackmail, Getting the Most Out of Therapy, Lasting Impact of Trauma, etc.). We are starting a **new series** of groups called **Conversation Topics** which will address a variety of subjects (starting conversations, listening, not taking things personally, etc.). 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 the second and fourth **Tuesday** each month at **11:00**.



- **Healthy Relationships**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **Personal Medicine**
- **Budget Basics**
- **Fellowship Friday**
- **Safe People, Safe Space**
- **Getting the Most Out of Therapy**
- **Benefits of Journaling**
- **Conversation Topics**
- **Owning Your Life**

August Birthday Celebration:

If you have a June Birthday, we will have a celebration on the last Tuesday of the month (8/25).