



+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>30</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>31</u> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration *1:00-2:00 – Emotional Blackmail *2:00-3:00 – Planning Committee	April <u>2</u> 10:15-11:00 – Check-In 11:00-12:30 – Leadership Training: Peer Supporter De-Escalation Tools 12:30-12:45 – Exercise 1:00-2:00 – Managing Anger 2:00-3:00 – Clean Up Sewing Room	<u>3</u> CLOSED for Good Friday
<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 6:00-7:30 – Seeking Safety	<u>9</u> 10:00-11:00 – Check-In 11:00-12:00 – Boundaries - Defining 12:15-12:30 – Exercise 12:30-1:30 – Lies We Believe 1:30-3:00 – Personal Medicine	<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 11:00-12:00 – Boundaries - Physical 12:30-12:45 – Exercise 1:00-3:00 – Sewing 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 – Life Goals 6:00-7:30 – Seeking Safety	<u>16</u> Pathways OPENING at 11:00 11:15-12:00 – Check-In 12:00-12:15 – Exercise 12:30-1:30 – Stocking Your Pantry 1:30-3:00 – Personal Medicine	<u>17</u> 9:00-10:30: Pass out flyers in Loudonville
<u>20</u> 10:15-11:00 – Check-In 11:00-12:00 – Boundaries - Emotional 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 – Being Your Best Self 12:15-12:30 – Exercise *12:30-1:30 – Owning Your Life *1:45-2:45 – Being A Safe Person 6:00-7:30 – Seeking Safety	<u>23</u> 10:00-11:00 – Check-In 11:00-12:30 – Leadership Training: Redefining Success 12:30-12:45 – Exercise 1:00-3:00 – Straighten Pathways	<u>24</u> 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!
<u>27</u> 9:00-10:30 – Motivational Interviewing (Jeremy Smith) 10:45-11:30 – Check-In 11:30-12:30 – Boundaries w/Yourself 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – 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 – Emotional Intelligence 6:00-7:30 – Seeking Safety	<u>30</u> 10:15-11:00 – Check-In 11:15-12:00 – Hiding From Love 12:00-1:00 – PRO Lunch-n-Learn 1:30-3:00 – Peer Supporter Re-Certification Process	May <u>1</u> 11:00-3:00 Fellowship Friday 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 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

April 2026

Monthly Highlights



Pathways will be **CLOSED Friday, April 3**, for **Good Friday**.

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, April 6**.

We will be offering **4 evening sessions, 6:00-7:30**, on **Seeking Safety**, on **Tuesdays in April (4/7, 4/14, 4/21 & 4/28)**.

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

Fellowship Friday is **April 24, 11:00-3:00**.

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 (4/2)**, **Lies We Believe (4/9)**, **Life Goals (4/14)**, and **Owning Your Life (4/21)**. Also, **Jeremy Smith from Applesseed** is concluding a 3-part series on **Motivational Interviewing** on **Monday, April 27**, at 9:00 AM. CEUS available for this.

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**
- **Setting Boundaries**
- **Emotional Regulation**
- **Pathways in Loudonville**
- **Sewing**
- **Emotional Blackmail**
- **Taking Ownership of Your Life**
- **Setting Goals**
- **Budget Basics**
- **Hiding from Love**
- **Personal Medicine**
- **Motivational Interviewing**
- **Seeking Safety**

April Birthday Celebration:

If you have an April Birthday, we will have a celebration on the last Tuesday of the month (04/28).