



+A plus sign (+) denotes new group starting. @Denotes a program requiring **REGISTRATION**.
Zoom Meetings are on Tuesdays. Other Zoom meetings identified with *.

ZOOM MEETINGS USE THE SAME MEETING ID, WEB ADDRESS AND PHONE NUMBER:

Meeting ID: 851 495 3888 PASSCODE: Pathways (Required)

Web Address: [https://us06web.zoom.us/j/851 495 3888](https://us06web.zoom.us/j/8514953888) Phone Number: 646 558 8656

Monday	Tuesday	Thursday	Friday
<p>Other Activities that always are available:</p> <ul style="list-style-type: none"> * Sewing * Coloring * Puzzles <p>And there is a quiet place where you can just “be.”</p>	<ul style="list-style-type: none"> * Reading * Crocheting * Drawing 	<p>February 1</p> <p>10:15-11:00 – Check-In 11:15-12:15 – Defining Boundaries 12:15-12:30 – Exercise 1:00-2:00 – Video: Recovery As A Journey of the Heart +2:00-3:00 – What is Etiquette?</p>	<p>2</p> <p>11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!</p>
<p>5</p> <p>10:30-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-12:30 – Exercise 12:30-1:30 – Writing My Story 1:30-3:00 – Sewing</p>	<p>6</p> <p>9:00 – Tour Mt. Vernon Estates *10:15-11:00 – Check-In +*11:15-12:15 – Personality Devel. *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00: Finding Your Inner Poet</p>	<p>8</p> <p>10:30-11:15 – Check-In 11:45-12:45 – Finding Your Voice 12:45-1:00 – Exercise 1:00-2:00 – Stocking Your Pantry & Pantry Cooking 2:00-3:00 – Art for Recovery</p>	<p>9</p> <p>10:00-3:00 – Pathways in Loudonville St. Peter’s Rectory House 220 E Butler St, Loudonville</p>
<p>12</p> <p>10:30-11:15 – Check-In 11:15-12:15 – Emotional Blackmail 12:15-12:30 – Exercise 12:30-1:30 – Communication Skills: Active Listening 1:30-3:00 – Sewing</p>	<p>13</p> <p>*10:15-11:00 – Check-In +*11:15-12:15 – Self-Care *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00: RSVP Presentation Practice</p>	<p>15</p> <p>10:30-11:30 – Check-In 11:30-12:30 – Planning Committee 12:30-12:45 – Exercise 1:00-3:00 – Strategic Plan Review</p>	<p>16</p>
<p>19</p> <p>CLOSED FOR PRESIDENTS’ DAY HOLIDAY</p>	<p>20</p> <p>*10:15-11:00 – Check-In +*11:15-12:15 – Personality Devel. *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00: Art for Recovery</p>	<p>22</p> <p>10:30-11:30 – Check-In 11:45-12:00 – Exercise 12:00-1:00 – Video: Body Keeps the Score 1:00-3:00 – Sewing</p>	<p>23</p> <p>3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!</p>
<p>26</p> <p>10:30-11:15 – Check-In 11:15-12:15 – Emotional Blackmail 12:15-12:30 – Exercise 12:45-1:30 – Planning Committee 1:00-3:00 – Sewing</p>	<p>27</p> <p>*10:30-11:30 – Check-In *11:45-12:00 – Exercise *12:00-1:00 – Birthday Celebration *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00: RSVP Presentation Practice</p>	<p>29</p> <p>10:30-11:30 – Check-In 11:45-12:00 – Exercise 12:00-1:00 – Leap Year Treat 1:00-2:00 – Cognitive Triangle & Cognitive Distortions 2:00-3:00 – What Is Etiquette?</p>	<p>March 1</p>

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 Kate)

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



PathwaysNewsletter

February 2024

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 Zoom. ALSO, if Loudonville Schools are closed on the day Pathways is scheduled there, Pathways will be closed. CHECK FACEBOOK FOR CALENDAR UPDATES!!!**

Pathways will be CLOSED on 02/19 for Presidents' Day.

Pathways will offer **Fellowship Friday** on **February 2**, and **Meal & A Movie** on **February 23**.

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 5**.

We are starting a **new group** in **Personality Development (02/06 & 02/20)**.

We are doing a new group on **Communication Skills**, starting with **Active Listening** on **Monday, February 12**.

The **RSVP Planning Committee** will be **touring** the new venue, **Mt. Vernon Estates**, on **Tuesday, February 6** at **9:00**. The next **Planning Committee** is on **Monday, February 26**, at **3:00**.

We will be reviewing the **Strategic Plan** on **Thursday, February 15**.

We are starting a **new group** on **Etiquette (02/01 & 02/29)** in preparation for hosting a **Community Tea** in May.

Check the calendar for **Writing My Story, Emotional Intelligence, Boundaries, Stocking Your Pantry/Pantry Cooking, Emotional Blackmail, and Discussion Topics**.

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** will be on **Tuesdays at 1:00**.

We will be helping participants with training working toward peer supporter certification upon request. **The 40-hour training for certification of Peer Recovery Supporters is scheduled for June 10-14, 2024. Please complete the e-Based Academy courses ASAP and register to be able to participate.**

- **Body Keeps the Score**
- **Healthy Relationships**
- **Active Listening**
- **Personality Devel.**
- **Etiquette**
- **Strategic Plan**
- **Writing My Story**
- **Boundaries**
- **Emotional Blackmail**
- **RSVP Planning**

February Birthday Celebration:

If you have a February Birthday, we will have a celebration on the last Tuesday of the month (02/27).