



+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>December 29</b> 10:15-11:30 – Check-In 11:30-12:30 – Personal Medicine 12:30-1:30 – Pantry Cooking 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>30</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:00-1:00 – Birthday Celebration *1:00-2:00 – Emotional Blackmail *2:00-3:00 – Looking to the New Year	<b>January 1</b> <b>CLOSED for NEW YEAR</b>	<b>2</b> <b>CLOSED</b>
<b>5</b> 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships ( <b>Safe Haven</b> ) 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>6</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *12:30-1:30 – Looking to the New Year *1:45-2:45 – Setting/Reviewing Goals	<b>8</b> 10:00-11:00 – Check-In 11:00-12:00 – Pathway Protocols 12:15-12:30 – Exercise 12:30-1:30 – Group Guidelines 1:30-3:00 – Personal Medicine	<b>9</b> <b>10:00-3:00 – Pathways in Loudonville</b> St. Peter's Rectory House 220 E Butler St, Loudonville
<b>12</b> 10:15-11:00 – Check-In 11:00-12:00 – Budget Basics 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>13</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *12:30-1:30 – Emotional Blackmail 1:30-2:45 – Art for Recovery	<b>15</b> <b>Pathways OPENING at 11:00</b> 11:15-12:00 – Check-In 12:00-12:15 – Exercise 12:30-1:30 – Stocking Your Pantry 1:30-3:00 – Personal Medicine	<b>16</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>19</b> <b>CLOSED for Martin Luther King, Jr. Day</b>	<b>20</b> *10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) 12:15-12:30 – Exercise *12:30-1:30 – Pantry Cooking *1:45-2:45 – Being A Safe Person	<b>22</b> 10:00-11:00 – Check-In 11:00-12:00 – Personal Medicine 12:15-12:30 – Exercise 12:30-1:30 – Protocols & Guidelines 1:30-3:00 – Sewing	<b>23</b>
<b>26</b> 9:00-10:30 – Motivational Interviewing ( <b>Jeremy Smith</b> ) 10:45-11:30 – Check-In +11:30-12:30 – Taking Ownership of Your Life 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	<b>27</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 *1:30-2:45 – SMART Recovery	<b>29</b> 10:15-11:00 – Check-In 11:15-12:15 – Hiding From Love 12:15-12:30 – Exercise 1:30-3:00 – Sewing Room Organization & Clean-Up	<b>30</b> <b>3:30-7:30 Meal &amp; A Movie</b> 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 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

January 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.

**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, January 5.**

**Pathways** will be in **Loudonville** at St. Peter’s Rectory House on **Friday, January 9, 10:00-3:00.**

**Fellowship Friday** is **January 16, 11:00-3:00**, and **Meal & A Movie (01/30)**

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 have two **new groups** starting on **Monday, January 26.** **Taking Ownership of Your Life** focuses on the way being a victim of trauma robs us of our autonomy and ways we can take back control of ourselves. Also, **Jeremy Smith from Appleseed** is beginning a 3-part series on **Motivational Interviewing** on at 9:00 AM. CEUS available for this.

We will do an overview of **SMART Recovery** on **Tuesday, January 27**, at **1:30** to assess interest in starting an on-going group. Please attend if interested in starting a SMART Recovery group.

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**
- **SMART Recovery**

## January Birthday Celebration:

If you have a January Birthday, we will have a celebration on the last Tuesday of the month (01/27).