



+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>June 1</b>	<b>2</b>	<b>4</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	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) 12:15-12:30 – Exercise *1:00-2:00 – Safe People, Safe Spaces *2:00-3:00 – Planning Committee	10:15-11:00 – Check-In 11:00-12:00 – Peer Leadership: Human Trafficking 12:15-12:30 – Exercise 12:45-1:45 – Managing Anger 2:00-3:00 – Hydration & Nutrition	<b>11:00-3:00</b> <b>Fellowship Friday</b> Learn to cook your favorite comfort foods, then join us for the meal and games
<b>8</b>	<b>9</b>	<b>11</b>	<b>12</b>
10:15-11:00 – Check-In 11:00-12:30 – Group Protocols 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *+1:00-2:30 – Getting the Most Out of Therapy	10:15-11:00 – Check-In 11:00-12:30 – Lies We Believe 12:30-12:45 – Exercise 1:00-3:00 – Peer Supporter Recertification	<b>10:00-3:00 – Pathways in Loudonville</b> St. Peter’s Rectory House 220 E Butler St, Loudonville
<b>15</b>	<b>16</b>	<b>18</b>	<b>19</b>
10:15-11:30 – Check-In +11:30-12:30 – Visit with Sheryl 12:45-1:00 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – Setting/Reviewing Goals *2:00-3:00 – Budget Basics	<b>Pathways OPENING at 11:00</b> 11:00-12:00 – Check-In 12:15-12:30 – Exercise 1:00-2:00 – Personal Medicine +2:00-3:00 – What Is Friendship?	
<b>22</b>	<b>23</b>	<b>25</b>	<b>26</b>
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	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:15-12:30 - Exercise *1:00-2:00 – Components of Emotional Intelligence *2:00-3:00 – Team-Building Activities	10:15-11:00 – Check-In 11:00-12:00 – Peer Leadership: Supporting the Whole Person 12:00-1:00 – PRO Lunch-n-Learn 1:15-3:00 – Peer Supporter Recertification	<b>3:30-7:30</b> <b>Meal &amp; A Movie</b> Join us for dinner, a movie, and a discussion!
<b>29</b>	<b>30</b>	<b>July 2</b>	<b>3</b>
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	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *12:00-1:00 – Birthday Celebration *1:00-3:00 – Lasting Impact of Trauma	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	<b>CLOSED for Independence Day</b>

**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

June 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, June 1**.

**Fellowship Friday** will be **Friday, June 5, 11:00-3:00**. Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, June 12, 10:00-3:00**. We will host **Meal and a Movie Friday, June 26, 3:30-7:30**.

Pathways will host a web-based training on **Peer Support Leadership Training: Human Trafficking (6/4)**, **Peer Support Leadership Training: Supporting the Whole Person (6/25)**, and **PRO Lunch-n-Learn (6/25)**.

We will be continuing groups on **Managing Anger (6/4)**, **Setting Goals (6/16)**, and **Personal Medicine (6/18)**. We have a **new**, one-time group on **Hydration & Nutrition (6/4)**. Another **new** group is **What Is Friendship (6/18)**. Some of our continuing groups this month: **Budget Basics (6/16)**, **Emotional Intelligence (6/23)**, and others (Emotional Blackmail, Getting the Most Out of Therapy, Lasting Impact of Trauma, 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 **Tuesdays at 11:00**.



- **Healthy Relationships**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **Hydration & Nutrition**
- **Personal Medicine**
- **Budget Basics**
- **Fellowship Friday**
- **Safe People, Safe Space**
- **Getting the Most Out of Therapy**
- **Lasting Impact of Trauma**

## June Birthday Celebration:

If you have a June Birthday, we will have a celebration on the last Tuesday of the month (6/30).