



+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>March 2</b><br>10:00-11:00 – RSVP Planning Cmte<br>11:00-11:30 – Check-In<br>11:30-12:30 – Healthy Relationships ( <b>Safe Haven</b> )<br>12:45-1:00 – Exercise<br>1:00-3:00 – Sewing<br>1:00-3:00 – One-on-One | <b>3</b><br>*10:15-11:00 – Check-In<br>*11:00-12:00 –<br>12:15-12:30 – Exercise<br>*1:00-2:00 – Budget Basics<br>+*2:00-3:00 – Planning Committee                                                        | <b>5</b><br>10:15-11:00 – Check-In<br>11:00-12:30 – Personal Medicine (PM)<br>12:30-12:45 –Exercise<br>+1:00-2:00 – Managing Anger<br>2:00-3:00 – Clean Up Sewing Room             | <b>6</b><br><b>11:00-3:00 Fellowship Friday</b><br>Learn to cook your favorite comfort foods, then join us for the meal and games                        |
| <b>9</b><br>10:15-11:00 – Check-In<br>11:00-12:30 – Making a Roux<br>12:30-12:45 – Exercise<br>1:00-3:00 – Sewing<br>1:00-3:00 – One-on-One                                                                        | <b>10</b><br>*10:15-11:00 –Check-In<br>*11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> )<br>*12:15-12:30 – Exercise<br>*1:00-2:30 – Setting/Reviewing Goals                                            | <b>12</b><br>10:15-11:00 – Check-In<br>11:00-12:30 – Personal Medicine (PM)<br>12:30-12:45 –Exercise<br>1:00-3:00 – Peer Supporter Recertification                                 | <b>13</b><br><b>10:00-3:00 – Pathways in Loudonville</b><br>St. Peter's Rectory House<br>220 E Butler St, Loudonville                                    |
| <b>16</b><br>10:15-11:00 – Check-In<br>11:00-12:30 – Personal Medicine<br>12:30-12:45 – Exercise<br>1:00-3:00 – Sewing<br>1:00-3:00 – One-on-One                                                                   | <b>17</b><br>*10:15-11:00 – Check-In<br>*11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> )<br>*12:15-12:30 –Exercise<br>*1:00-2:00 – Budget Basics<br>*2:00-3:00 – Art for Recovery                     | <b>19</b><br><b>Pathways OPENING at 11:00</b><br>+11:00-12:30 – Peer Leadership:<br>Building Distress Tolerance: DBT Tools<br>12:30-12:45 – Exercise<br>1:00-2:30 – Managing Anger | <b>20</b>                                                                                                                                                |
| <b>23</b><br>10:15-11:00 – Check-In<br>11:00-12:00 – Emotional Blackmail<br>12:30-12:45 – Exercise<br>1:00-3:00 – Sewing<br>1:00-3:00 – One-on-One                                                                 | <b>24</b><br>*10:15-11:00 –Check-In<br>*11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> )<br>*12:15-12:30 - Exercise<br>*1:00-2:00 – Emotional Intelligence<br>*2:00-3:00 – Prep for MHRB RSVP          | <b>25</b><br><b>MHRB Annual RSVP Conference at AU Convocation Center (only for those pre-registered)</b>                                                                           | <b>26</b><br>9:00-12:15 – Webinar: DBT Basics<br>12:00-1:00 – PRO Lunch-n-Learn<br>1:15-1:45 – Check-In<br>1:45-3:00 – Eating Healthy & Making Smoothies |
| <b>30</b><br>10:15-11:15 – Check-In<br>11:30-12:30 – Personal Medicine<br>12:45-1:00 – Exercise<br>1:00-3:00 –Sewing<br>1:00-3:00 – One-on-One                                                                     | <b>31</b><br>*10:15-11:00 – Check-In<br>*11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> )<br>*12:00-1:00 – Birthday Celebration<br>*1:00-2:00 – Emotional Blackmail<br>*2:00-3:00 – Planning Committee | <b>April 2</b><br>10:15-11:00 – Check-In<br>11:00-12:30 – Lies We Believe<br>12:30-12:45 –Exercise<br>1:00-2:00 – Managing Anger<br>2:00-3:00 – Clean Up Sewing Room               | <b>3</b><br><b>CLOSED for Good Friday</b>                                                                                                                |
| <b>27</b><br><b>3:30-7:30 Meal &amp; A Movie</b><br>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

March 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, March 2.**

**Fellowship Friday** will be **Friday, Mar. 6, 11:00-3:00.** Pathways will be in **Loudonville** at St. Peter’s Rectory House on **Friday, Mar. 13, 10:00-3:00.** We will host **Meal and a Movie Friday, Mar. 27, 3:30-7:30.**

Pathways will host a web-based training on **Peer Support Leadership Training: Building Distress Tolerance: DBT Tools (3/19), PRO Lunch-n-Learn (3/26),** and Webinar: **DBT Basics (3/26).**

We will be starting a **new group** on **Managing Anger (3/5 & 3/19).** We have a **new, one-time group** on **Eating Healthy & Making Smoothies (3/26).**

Some of our continuing groups this month: **Budget Basics (3/3 & 3/17), Personal Medicine, Emotional Intelligence,** and others. 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.**

**RSVP Conference** is being held on **Wednesday, March 25, at the Ashland University Convocation Center** for participants who have pre-registered.

- **Healthy Relationships**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **DBT Skills**
- **Personal Medicine**
- **Budget Basics**
- **Fellowship Friday**
- **Healthy Eating & Making Smoothies**
- **RSVP Conference**

## March Birthday Celebration:

If you have a March Birthday, we will have a celebration on the last Tuesday of the month (3/31).