



+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
April 27	28	30	May 1
10:15-11:30 – 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	*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	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	11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!
4	5	7	8
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	*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	10:00-11:00 – Check-In 11:00-12:00 – Boundaries - Defining +12:00-2:00 – QPR Training (Jeremy Smith) 2:00-3:00 – Lies We Believe	10:00-3:00 – Pathways in Loudonville St. Peter’s Rectory House 220 E Butler St, Loudonville
11	12	14	15
10:15-11:00 – Check-In 11:00-12:00 – Boundaries 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 (Pastor Andrew) *12:15-12:30 – Exercise *12:30-1:30 – Setting/Reviewing Goals *+1:30-2:45 – What’s In Your Future?	10:00-11:00 – Check-In 11:00-12:00 – Peer Leadership Training: Avoiding Peer Role Shift 12:30-3:00 – Sewing 12:30-3:00 – One-on-One Peer Supporter Re-Certification Help	
18	19	21	22
10:15-11:00 – Check-In 11:00-12:00 – Managing Anger 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 (Pastor Andrew) 12:15-12:30 – Exercise 1:00-3:00 - Recovery Arrows – Make a Pillow	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	
25	26	28	29
CLOSED for MEMORIAL DAY	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration *1:00-1:15 – Exercise *1:30-3:00 – Sewing	10:00-11:00 – Check-In 11:00-12:00 – Emotional Blackmail 12:00-1:00 – PRO Lunch-n-Learn 1:15-1:30 – Exercise 1:30-3:00 – Personal Medicine	1:00-5:00 Meal & A Movie 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 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

May 2026

Monthly Highlights



Pathways will be **CLOSED Monday, May 25**, for **Memorial Day**.

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, May 4**.

Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, May 8, 10:00-3:00**.

Fellowship Friday is **May 1, 11:00-3:00**. **Meal & a Movie** is **May 29** at an earlier time to accommodate conflicting staff schedules.

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 (5/18)**, **Lies We Believe (5/7)**, **Life Goals (5/12)**, and **What's In Your Future (5/12)**. Also, **Jeremy Smith from Appleseed** is providing a training on suicide prevention: **QPR** on **Thursday, May 7, 12:00-2:00**.

On **Thursday, May 14**, we will host the Peer Leadership Webinar: **Avoiding Peer Role Shift**. Pre-registration is require.

We will have a special joint event with **Ashland Recovery Arrows** on **Tuesday, May 19, 1:00-3:00**. Guests are joining us to make your own pillow.

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**
- **Managing Anger**
- **Setting Goals**
- **Budget Basics**
- **Hiding from Love**
- **Personal Medicine**

May Birthday Celebration:

If you have an May Birthday, we will have a celebration on the last Tuesday of the month (05/25).