



+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
November 3 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-1:00 – Emotional Blackmail 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	4 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Personal Medicine (PM) *2:00-3:00 – PM: One-on-One	6 10:00-2:45 – Webinar: Caring for the Caregiver Summit	7 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!
10 10:15-11:00 – Check-In 11:00-12:00 – Reflective Listening 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	11 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Setting/Reviewing Goals 2:00-3:00 – Budget Basics	13 10:15-11:00 – Check-In +11:00-12:30 – Peer Leadership: Gift of Presence 12:30-1:30 – Personal Medicine (PM) 1:30-3:00 – Clean Up Sewing Room	14 10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville
17 10:15-11:00 – Check-In 11:00-12:00 – Writing My Story 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	18 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration *1:00-2:00 – Preparing for the Holidays *2:00-3:00 – Sober Living Planning	20 Pathways OPENING at 11:00 11:15-12:15 – Check-In 12:15-12:30 – Exercise 12:30-1:30 – Personal Medicine (PM) 1:30-3:00 – Finding Your Best Self	21
24 4:00-6:00 – Thanksgiving Dinner PLEASE R.S.V.P.	25 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Personal Medicine *2:00-3:00 – Art for Recovery: Thanksgiving Rocks	27 CLOSED for Thanksgiving	28
December 1 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-1:00 – Emotional Blackmail 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	2 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Budget Basics +*2:00-3:00 – Being A Safe Person	4 10:15-11:00 – Check-In +11:00-12:30 – Peer Leadership: Power of Yet 12:30-12:45 – Exercise 1:00-2:00 – Hiding From Love 2:00-3:00 – Boundaries	5 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!

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

November 2025

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.

PLEASE CHECK FACEBOOK FOR CALENDAR UPDATES!!!

Pathways will be hosting our **annual Thanksgiving Dinner on Monday, November 24, from 4:00-6:00.** Please **RSVP.** We will be **closed on Thursday, November 27, for Thanksgiving.**

Fellowship Friday will be **Friday, November 7, 11:00-3:00.** Pathways will be in **Loudonville** at St. Peter’s Rectory House **Friday, November 14, 10:00-3:00.**

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, November 3.**

Pathways will host a web-based **Caring for the Caregiver Summit** on **Thursday, November 6, 10:00-2:45,** and a web-based training on **Peer Support Leadership Training: The Gift of Presence** on **November 13.**

We have several new groups and continuing groups this month: **Personal Medicine, Budget Basics, Writing My Story, Reflective Listening, Preparing for the Holidays,** and others.

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**
- **Setting Boundaries**
- **Reflective Listening**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Budget Basics**
- **Peer Leadership Training**
- **Writing My Story**
- **Gift of Presence**
- **Thanksgiving Dinner**
- **Personal Medicine**
- **Finding Your Best Self**
- **Caring for the Care-Giver Summit**

November Birthday Celebration:

If you have a November Birthday, we will have a celebration this month on the third Tuesday of the month (11/18).