PATHWAYS
Peer Support

+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 2 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (**Safe Haven**) 12:45-1:00 – Exercise 1:00-3:00 –Sewing 1:00-3:00 – One-on-One	**3** *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:15-12:30 – Exercise *1:00-2:00 – Emotional Intelligence *2:00-3:00 – Planning Committee	**5** 10:15-11:00 – Check-In 11:00-12:00 – Getting to Know Brittany 12:30-12:45 –Exercise 1:00-2:00 – Personal Medicine 2:00-3:00 – Window of Tolerance	**6** **11:00-3:00** **Fellowship Friday** Learn to cook your favorite comfort foods, then join us for the meal and games
9 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** *10:00-11:00 – Webinar: Professionalism in Peer Support *11:00-12:00 – Bible Study **(Pastor Andrew)** *1:00-2:00 – Conversation with Sheryl *2:00-3:00 – Setting/Reviewing Goals	**12** 10:15-11:00 – Check-In 11:00-12:30 – Boundaries 12:30-12:45 –Exercise 1:00-2:00 – Personal Awareness/Safety 2:00-3:00 – Boundaries	**13** **10:00-3:00 – Pathways in Loudonville** St. Peter's Rectory House 220 E Butler St, Loudonville
16 10:15-11:00 – Check-In 11:15-12:15 – Personal Medicine 12:15-12:30 – Exercise 1:00-3:00 –Sewing 1:00-3:00 – One-on-One	**17** *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:00-1:00 – Birthday Celebration *1:00-1:15 –Exercise *1:30-2:45 – Art for Recovery: Gratitude Zines	**19** 10:15-11:00 – Check-In 11:15-11:45 – Stop Letting Everything Affect You 12:00-1:00 – Webinar: When Your Body Tells You How Lonely You Feel 1:15-2:00 –Safe People/Safe Spaces 2:00-3:00 – Cognitive Triangle	**20**
23 **4:00-6:00 – Annual Thanksgiving Dinner** **PLEASE R.S.V.P.**	**24** *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 – Budgeting Basics	**26** **CLOSED for Thanksgiving**	**27** **CLOSED for Thanksgiving**
30 10:15-11:15 – Check-In 11:30-12:30 – Looking Forward 12:45-1:00 – Exercise 1:00-3:00 –Sewing 1:00-3:00 – One-on-One	**December 1** *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:00-1:00 – Emotional Blackmail *1:00-2:00 – Emotional Intelligence *2:00-3:00 – Lies We Believe	**3** 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine 12:30-12:45 –Exercise 1:00-2:00 – Responding vs Reacting 2:00-3:00 – Parting Thoughts	**4** **11:00-3:00** **Fellowship Friday & Deb's Farewell Party**

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, Shannon, or Brittany)

Outside Presenters Names are listed in 'bold.'

Group times are subject to change based on participant need

Catholic Charities Ashland County
DIOCESE OF CLEVELAND

Peg's FOUNDATION

Mental Health & Recovery Board
OF ASHLAND COUNTY

PathwaysNewsletter

November 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, 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.

Pathways will be CLOSED on Thursday & Friday, November 26 & 27, for the Thanksgiving holiday.

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 2.**

Fellowship Friday will be **Friday, November 6, 11:00-3:00. Pathways** will be **in Loudonville** at St. Peter's Rectory House on **Friday, November 13, 10:00-3:00.** There will be **NO Meal and a Movie** in November or December.

We will be meeting and getting to know **new staff member, Brittany Saxon,** on **Thursday, November 5, at 11:00.**

We will be continuing groups on **Managing Anger, Setting Goals,** and **Personal Medicine**. We are continuing the groups on **Conversation Topics, Budget Basics**, **Emotional Intelligence,** and others (**Emotional Blackmail**, **Personal Awareness & Safety, Stop Letting Everything Affect You,** etc.).

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 every other **Tuesday at 11:00**.

We will be hosting our annual **Thanksgiving Dinner** on **Monday, November 23, 4:00-6:00**. Please **RSVP** if you plan to attend so we can ensure enough food for everyone.

- **Healthy Relationships**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Personal Medicine**
- **Budget Basics**
- **Fellowship Friday**
- **Lies We Believe**
- **Safe People, Safe Space**
- **Conversation Topics**
- **Personal Awareness/Safety**
- **Cognitive Triangle**
- **Stop Letting Everything Affect You**
- **Thanksgiving Dinner**

November Birthday Celebration:

If you have a November Birthday, we will have a celebration this month on Tuesday, November 17.