



+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	
29		30		October 2		3	
10:15-11:30 – Check-In 11:30-12:30 – Power of Accountability 12:30-1:30 – Pantry Cooking 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 *1:00-2:00 – Emotional Blackmail *2:00-3:00 – Seeking Safety 6:00-7:30 – <i>Seeking Safety</i>		10:15-11:00 – Check-In 11:15-12:15 – What Is Respect? 12:15-12:30 – Exercise 1:00-3:00 – Sewing & Room Cleanup		11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!	
6		7		9		10	
10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) +12:15-1:00 – Conversation Skills 1:00-3:00 – Sewing		*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:30-1:30 – Setting/Reviewing Goals *1:45-2:45 – Personal Medicine		10:00-11:00 – Suicide Walk Review 11:00-12:00 – Psychiatric Ad. Directive +12:30-1:30 – Decision-Making +1:30-3:00 – Finding Your Best Self		10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville	
13		14		16		17	
10:15-11:00 – Check-In 11:00-12:00 – Budget Basics 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) +*12:00-3:00 – WEBINAR: Beyond Boundaries		Pathways OPENING at 11:00 11:15-12:00 – Check-In 12:00-12:15 – Exercise 12:30-1:30 – Pantry Cooking 1:30-3:00 – Finding Your Best Self			
20		21		22		23	
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 (Pastor Andrew) *12:15-12:30 – Exercise +*1:00-2:00 – Emotional Intelligence 2:00-3:00 – Prep for MHRB Lunch		MHRB Annual Luncheon at AU Convocation Center (for only those pre-registered)		10:15-11:15 – Check-In +11:15-12:00 – Lies We Believe 11:45-12:00 – Exercise 12:00-1:00 – Sober Planning Mtg. 1:30-3:00 – Finding Your Best Self	
27		28		30		31	
10:15-11:30 – Check-In +11:30-12:30 – Power of Accountability 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) *11:15-12:00 – Emotional Blackmail *12:00-1:00 – Birthday Celebration *1:00-2:00 – Personal Medicine (PM) +*2:00-3:00 – SMART Recovery		10:15-11:00 – Check-In 11:15-12:15 – Hiding From Love 12:15-12:30 – Exercise 1:30-3:00 – Finding Your Best Self		3:30-7:30 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

October 2025

Monthly Highlights

PLEASE CHECK FACEBOOK FOR CALENDAR UPDATES!!!

We now utilize 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 directions provided.

Fellowship Friday is **October 3, 11:00-3:00**, and **Meal & A Movie (10/31)**

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, October 6**.

Pathways will host a webinar training on **Beyond Boundaries (October 14)**. **You must register on-line if you want credit (3 hrs.)**. Please contact us for the registration information.

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

We continue groups this month on: **Power of Accountability (10/27)**, **Hiding From Love (10/30)**, **Budget Basics (10/13)**, **Pantry Cooking (10/16)**, **Personal Medicine (October 7 & 28)**, **Sober Events Planning (10/23)**, and **Conversation Skills (10/6)**. Check calendar for full schedule.

***In October, we are beginning a series on **Finding Your Best Self**. This is a **focused** group that will occur every **Thursday (October 9, 16, 23, 30)** from **1:30-3:00**. There will be no other activities during that time.

We will do an overview of **SMART Recovery** on **Tuesday, October 28**, at **2:00** to assess interest in starting an on-going group. Please attend if interested in starting a SMART Recovery group.

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**.

October Birthday Celebration:

If you have a October Birthday, we will have a celebration on the last Tuesday of the month (10/28).



- **Healthy Relationships**
- **Setting Boundaries**
- **Emotional Regulation**
- **Accountability**
- **Pathways in Loudonville**
- **Sewing**
- **Emotional Blackmail**
- **Finding Your Best Self**
- **Setting Goals**
- **Budget Basics**
- **Peer Leadership Training**
- **Hiding from Love**
- **Personal Medicine**
- **Conversation Skills**