



+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
28 10:15-11:15 – Check-In 11:30-12:30 – Creating Safe Space 12:45-1:00 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	29 *10:15-11:00 – Check-In *11:00-12:00 – What Is Friendship? *12:00-1:00 – Birthday Celebration *1:00-3:00 – Lasting Impact of Trauma	October 1 10:15-11:00 – Check-In 11:00-12:30 – Lies We Believe 12:30-12:45 – Exercise 1:00-2:00 – Managing Anger 2:00-3:00 – Clean Up Sewing Room	2
5 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:00-2:00 Mental Illness Awareness Week Virtual Summit 2:00-3:00 – Sewing Clean-Up	6 *10:15-11:00 – Check-In *11:00-12:00 – Planning Committee *12:00-1:00 – Webinar: Converging Worlds of Trauma & Relational Health *1:30-2:15 – Budget Basics *2:15-3:00 –	8 10:15-11:00 – Check-In 11:00-12:00 – Personal Medicine 12:00-1:00 – Emotional Blackmail 1:00-2:00 – Boundaries 2:00-3:00 – What Is Friendship?	9 10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville
12 10:15-11:00 – Check-In 11:30-12:30 – Conversation Topics 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	13 *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 – Conversation Basics	15 Pathways OPENING at 11:00 11:00-12:00 – Check-In 12:00-1:00 – Planning Committee 1:00-2:00 – Personal Medicine 2:00-3:00 – Conversation Topics	16 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games
19 10:15-11:00 – Check-In 11:00-12:00 – Growing Up Again 12:30-12:45 – Exercise 1:00-2:00 – Growing Up Again *2:00-3:00 – Conversation with Sheryl	20 *10:15-11:00 – Check-In *11:00-12:00 – Emotional Intelligence 12:15-12:30 – Exercise *12:30-1:30 – Cognitive Triangle *1:30-2:15 – Being A Safe Person *2:15-2:45 – Personal Safety	22 10:00-11:00 – Check-In 11:00-12:00 – Personal Medicine 12:00-1:00 – Webinar: Body Acceptance and Finding Joy & Pleasure 1:00-2:00 – Stop Letting Everything Affect You +2:00-3:00 – Responding vs Reacting	23
26 10:15-11:30 – Check-In 11:30-11:45 – Exercise 12:00-1:00 – Looking Forward 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	27 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration +1:00-2:00 – Window of Tolerance *2:00-3:00 – Lies We Believe	29 10:15-11:00 – Check-In 11:00-12:00 – Personal Medicine *12:00 -1:00 – Lunch-n-Learn 1:15-1:30 – Exercise 1:30-2:30 – Hiding from Love 2:30-3:00 – Clean Up Sewing Room	30 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



Catholic Charities
Ashland County
DIOCESE OF CLEVELAND



PathwaysNewsletter

October 2026

Monthly Highlights



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 5**.

Pathways will be in Loudonville at St. Peter's Rectory House on **Friday, October 9, 10:00-3:00**.

Fellowship Friday is **Friday, October 16, 11:00-3:00**. **Meal and a Movie** is **Friday, October 20, 3:30-7:30**.

We continue groups this month on: **Hiding From Love**, **Budget Basics**, **Pantry Cooking**, **Personal Medicine**, **Growing Up Again**, **Managing Anger**, **Lies We Believe**, **Life Goals**, **What Is Friendship?**, and other popular favorites. Check calendar for full schedule.

We are introducing two **new groups** this month: **Window of Tolerance (10/27)** and **Responding vs Reacting (10/22)**. We are re-introducing the group **Cognitive Triangle (10/20)**.

The **MHRB Annual Luncheon** is **Wednesday, October 21, BY RESERVATION**.

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 the second and fourth **Tuesday** each month at **11:00**.

- **Healthy Relationships**
- **Emotional Regulation**
- **Pathways in Loudonville**
- **Sewing**
- **Emotional Blackmail**
- **Setting Goals**
- **Budget Basics**
- **Hiding from Love**
- **Personal Medicine**
- **Managing Anger**
- **Stocking Your Pantry**
- **Being a Safe Person**
- **Cognitive Triangle**
- **Window of Tolerance**
- **Responding vs Reacting**

October Birthday Celebration:

If you have an October Birthday, we will have a celebration on the last Tuesday of the month (10/27).