



+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
June 2 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:00-1:00 – Writing My Story 1:00-3:00 – Sewing: Threading the Machine	3 *10:15-11:00 – Check-In *11:15-12:00 – Goals Check-In *12:00-12:45 – Communication Skills *12:45-1:00 – Exercise *1:00-2:00 – Blaming vs Accountability *2:00-3:00 – Owning Behaviors & Triggers	5 10:15-11:15 – Check-In +11:00-12:30 – Webinar: Peer Leadership: Social Determinates of Health 12:45-1:00 – Exercise +1:00 -2:00 – Hiding From Love 2:00-3:00 – Peer Supporter Skills	6 11:00-3:00 Fellowship Friday PICNIC at the PARK at noon unless there is rain or extreme heat
9 10:15-11:30 – Check-In 11:30-12:30 – Emotional Blackmail 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	10 *10:15-11:15 – Check-In *11:15-12:15 – Setting/Reviewing Goals *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew)	12 10:15-11:15 – Check-In 11:15-12:15 – Boundaries Check-In 12:45-1:45 – Pantry Cooking 2:00-3:00 – Peer Supporter Skills	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 11:00-12:00 – Budget Basics 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	17 *10:15-11:15 – Check-In *11:15-12:15 – Communication Skills *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00 – Trauma & Loss	19 Pathways OPENING at 11:00 11:15-12:00 – Check-In 12:00-12:15 – Exercise 12:30-2:00 – Recertification Basics 2:00-3:00 – Peer Supporter Skills	20
23 10:15-11:30 – Check-In 11:30-12:30 – Emotional Blackmail 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	24 *10:15-11:00 – Check-In *12:00-1:00 – Birthday Celebration +*1:00-2:00 – Making Choices *2:00-3:00 – Kitchen Protocols	26 10:15-11:15 – Check-In 11:00-12:30 – Peer Leadership: Documentation 1:00-2:00 – Playing A Poor Hand Well 2:00-3:00 – Peer Supporter Skills	27 3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!
30 10:15-11:30 – Check-In +11:30-12:30 – Emotional Intelligence 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	July 1 *10:15-11:00 – Check-In *11:15-12:00 – Budget Basics *12:15-12:30 – Exercise *1:00-2:00 – Bible Study (Pastor Andrew) *2:00-3:00 – Organize Personal Bins	3 10:15-11:00 – Check-In 11:15-12:15 – What Is Respect? 12:15-12:30 – Exercise 1:00-3:00 – Clean-Up Sewing Room	4 Independence Day

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

June 2025

Monthly Highlights

PLEASE CHECK FACEBOOK FOR CALENDAR UPDATES!!!

In June we are switching from Zoom to Teams for all future “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 you are given.

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, June 2**.

We have several new groups starting this month: **Blaming vs Accountability (6/3)**, **Hiding From Love (6/5)**, **Budgeting Basics (6/16 & 7/1)**, **Playing A Poor Hand Well (6/26)**, and **Emotional Intelligence (6/30)**.

Groups continue on owning feelings and behaviors (**June 3, 9 & 23**), groups related to trauma and loss (**6/17**), and groups on **Boundaries (6/12)**.

Pathways will host a web-based training on **Peer Support Leadership Training: Social Determinants of Health (6/5)**, and several other groups on **peer supporter issues and skills (June 5 & 19)**.

Fellowship Friday is a picnic **12:00-3:00** on **June 6** at **Brookside Park**. We will gather at Pathways at 11:00. (It will be held at Pathways in case of rain or extreme heat.)

Pathways will be in **Loudonville** at St. Peter’s Rectory House on **Friday, June 13, 10:00-3:00**.

Meal and A Movie returns on **Friday, June 27, 3:30-7:30**.

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 1:00**.

June Birthday Celebration:

If you have a June Birthday, we will have a celebration on the last Tuesday of the month (6/24).



- **Healthy Relationships**
- **Setting Boundaries**
- **Emotional Regulation**
- **Impact of Trauma**
- **Pathways in Loudonville**
- **Sewing**
- **Emotional Blackmail**
- **Trauma & Loss**
- **Setting Goals**
- **Budgeting Basics**
- **Picnic**
- **Peer Leadership**
- **Hiding from Love**
- **Emotional Intelligence**