



+A plus sign (+) denotes new group starting. @Denotes a program requiring **REGISTRATION**.
Zoom Meetings are on Tuesdays. Other Zoom meetings identified with *.
ZOOM MEETINGS USE THE SAME MEETING ID, WEB ADDRESS AND PHONE NUMBER:
Meeting ID: 851 495 3888 PASSCODE: Pathways (Required)
Web Address: <https://us06web.zoom.us/j/851 495 3888> Phone Number: 646 558 8656

Monday	Tuesday	Thursday	Friday
28	29	30	31
10:15-11:15 – Check-In 11:30-12:15 – What Is Respect? 12:15-12:45 – Exercise 1:00-1:30 – Sewing Room Clean-Up 1:30-3:00 – Sewing	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – How To Make Changes *2:00-3:00 – Self-Care Check-In	RECOVERY CONFERENCE In COLUMBUS (for only those pre-registered)	10:15-11:00 – Check-In 11:15-12:15 – Emotional Blackmail 12:15-12:30 – Exercise 12:45-1:45 – Boundaries Check-In 2:00-3:00 – Planning Committee
4	5	7	8
10:30-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-12:30 – Exercise 12:30-1:30 – Telling Your Story 1:30-3:00 – Sewing 1:30-3:00 – One-on-One	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-1:15 – What Is Empathy? *12:15-12:30 – Exercise *1:00-2:00 – Everyday Losses *2:00-3:00 – Growing Up Again	10:30-11:15 – Check-In 11:45-12:45 – Finding A Pause 12:45-1:00 – Exercise 1:00-2:00 – Survival Behaviors & Trauma 2:00-3:00 – Pantry Cooking	10:00-3:00 – Pathways in Loudonville St. Peter’s Rectory House 220 E Butler St, Loudonville Register at Ashland Public Library – Gratitude Journaling https://ashland.librarycalendar.com/event/healthy-living-15629
11	12	14	15
10:30-11:15 – Check-In 11:30-1:00 – Memoir Month Event: Writing My Story 1:15-1:30 – Exercise 1:30-3:00 – Sewing 1:30-3:00 – One-on-One	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-12:45 – Stocking Your Pantry *12:45-1:00 – Exercise *1:00-2:00 – Planning Committee *2:00-3:00 – Finding Your Voice	10:30-11:30 – Check-In 11:30-12:30 – Growing Up Again 12:30-12:45 – Exercise 1:00-3:00 – Weight Management in Community Mental Health	11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!
18	19	21	22
10:30-11:15 – Check-In 11:15-12:15 – Growing Up Again 12:15-12:30 – Exercise 12:30-1:30 – DBT: Wise Mind 1:30-3:00 – Sewing 1:30-3:00 – One-on-One	*10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Birthday Celebration *1:15-2:15 – Emotional Blackmail *2:15-3:00 – Cognitive Distortions	10:30-11:30 – Check-In 11:45-12:00 – Exercise 12:30-1:30 – Mistreatment vs Triggers 1:30-2:00 – Body Keeps the Score 2:00-3:00 – Internal Family Systems	22
25	26	28	29
4:00-6:00 – Thanksgiving Dinner PLEASE R.S.V.P	*10:30-11:30 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *11:45-12:00 – Exercise *1:00-2:00 – Holiday Strategies *2:00-3:00 – Recognizing/Handling Stress	CLOSED for Thanksgiving Holiday	29

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)

Outside Presenters Names are listed in ‘bold.’
 Group times are subject to change based on participant need



PathwaysNewsletter

November 2024

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 Zoom.**

PLEASE CHECK FACEBOOK FOR CALENDAR UPDATES!!!

Pathways will be CLOSED on 11/28 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 4.**

We will have a special **Writing My Story** on **11/11** as part of **Memoir Writing month**. There also is a **Gratitude Journal Writing** event at the Ashland Public Library on **11/8** you can register for.

We are again offering the series on **Growing Up Again (11/5, 11/14/ 11/18).**

We are continuing **Finding a Pause (11/7), Finding Your Voice (11/12)** and **DBT: Wise Mind (11/18).**

Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, November 8, 10:00-3:00.**

Pathways will offer **Fellowship Friday** on **November 15.**

Check the calendar for **Writing My Story, Boundaries, Stocking Your Pantry, Emotional Blackmail,** and **other topics.**

Look for groups on **Internal Family Systems (11/21), Survival Behaviors (11/7), Everyday Losses (11/5),** and video on **Body Keeps the Score (11/21).**

Pathways will host our **Annual Thanksgiving Dinner** on **Monday, November 25, 4:00-6:00. Please R.S.V.P.** so we can plan for the correct number.

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.

- **Healthy Relationships**
- **Pantry Basics**
- **Growing Up Again**
- **Internal Family System**
- **Memoir Month: Writing My Story**
- **Boundaries**
- **Emotional Blackmail**
- **Survival Behaviors & Trauma**
- **Body Keeps the Score**
- **Everyday Losses**
- **Triggers**
- **THANKSGIVING DINNER – 11/25**

November Birthday Celebration:

If you have a November Birthday, we will have a celebration on the next-to-last Tuesday of the month (11/19).