



+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
August 31 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	September 1 *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 – AED Training 4:00-7:30 – Recovery Rally @ Brookside W	3 10:15-11:00 – Check-In +@11:00-12:30 – Chair Massage 12:30-12:45 – Exercise 1:00-2:00 – Personal Medicine 2:00-3:00 – Managing Anger	4
7 CLOSED for Labor Day	8 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 – Exercise *1:00-2:00 – Setting/Reviewing Goals *2:00-3:00 – Emotional Intelligence	10 10:15-11:00 – Check-In *11:00-12:30 – Peer Leadership: From Role to Career 12:30-12:45 – Exercise 1:00-2:00 – Personal Awareness/Safety 2:00-3:00 – Boundaries	11 10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville
14 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-12:30 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	15 *10:15-11:00 – Check-In *11:00-12:00 – Conversation Topics *12:15-12:30 – Exercise *1:00-2:00 – Getting the Most Out of Therapy *2:00-3:00 – Budget Basics	17 *10:15-11:00 – Check-In 11:00-12:00 – Personal Medicine +12:00-1:00 – Stop Letting Everything Affect You 1:00-2:00 – Owning Your Life 2:00-3:00 – What Is Friendship?	18 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games
21 10:15-11:00 – Check-In 11:00-12:00 – Emotional Blackmail 12:30-12:45 – Exercise 1:00-3:00 – Sewing 2:00-3:00 – One-on-One	22 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:00-1:00 – Lies We Believe *1:00-2:00 – Conversation Topics *2:00-3:00 – Team-Building Activities	24 10:00-11:00 – Visit with Sheryl 11:00-12:00 – Peer Leadership: The Art of Showing Up 12:00-1:00 – PRO Lunch-n-Learn 1:00-2:00 – Check-In & AED Training 2:00-3:00 – Emergency Preparedness	25 3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!
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 – Conversation Topics *12:00-1:00 – Birthday Celebration *1:00-2:00 – Emotional Intelligence *2:00-3:00 – Lies We Believe	October 1 10:15-11:00 – Check-In 11:00-12:30 – Personal Medicine 12:30-12:45 – Exercise 1:00-2:00 – Managing Anger 2:00-3:00 – Being A Safe Person	2

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

September 2026

Monthly Highlights



Pathways will be **CLOSED** on **Monday, September 7**, for **Labor Day**.

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, September 14**.

Fellowship Friday will be **Friday, September 18, 11:00-3:00**. Pathways will be in **Loudonville** at St. Peter's Rectory House on **Friday, September 11, 10:00-3:00**. We will host **Meal and a Movie Friday, September 25, 3:30-7:30**.

Pathways will host a web-based training on **Peer Support Leadership Training: Professionalism (8/6)**, and **PRO Lunch-n-Learn (8/27)**.

We will be continuing groups on **Managing Anger (9/3)**, **Setting Goals (9/8)**, and **Personal Medicine (9/3 & 17)**. We are continuing the groups on **Conversation Topics**. Some of our continuing groups this month: **Budget Basics (9/15)**, **Emotional Intelligence (9/8)**, and others (Emotional Blackmail, Getting the Most Out of Therapy, Lasting Impact of Trauma, etc.).

September is **Emergency Preparedness Month**. We have groups focused on this on September 10 & 24.

Visit our table at the community **Recovery Rally** on **Tuesday, September 1, 4:00-7:30**, at **Brookside West**.

Make an appointment for a 10-minute **Chair Massage** on **September 3**.

See us at the MHRB booth at the **Ashland County Fair (September 20-26)**.

Check Facebook for other events happening in the **Recovery Community**.

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**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Setting Goals**
- **Peer Leadership Training**
- **Personal Medicine**
- **Budget Basics**
- **Fellowship Friday**
- **Safe People, Safe Space**
- **Getting the Most Out of Therapy**
- **Emergency Preparedness**
- **Conversation Topics**
- **Owning Your Life**
- **Massage**

September Birthday Celebration:

If you have a September Birthday, we will have a celebration on the last Tuesday of the month (9/29).