



+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/j/meetup->

Monday	Tuesday	Thursday	Friday
September 1 CLOSED For Labor Day	2 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 –Exercise *1:00-3:00 – Art for Recovery	4 10:15-11:00 – Check-In 11:00-12:30 – Peer Leadership: Ethics & Boundaries 12:30-12:45 – Exercise 1:00-2:00 – Hiding From Love 2:00-3:00 – Boundaries	5 11:00-3:00 Fellowship Friday Learn to cook your favorite comfort foods, then join us for the meal and games!
8 10:15-11:00 – Check-In 11:00-12:00 – Healthy Relationships (Safe Haven) 12:15-1:00 – Emotional Blackmail 1:00-3:00 –Sewing 1:00-3:00 – One-on-One	9 *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 – Sober Living Planning 6:00-7:30 – <i>Seeking Safety</i>	11 10:15-11:00 – Check-In +11:00-12:30 – Working with Co-Occurring Disorders (Jeremy Smith) (1 CEU for CSWMFT Board) +12:30-1:00 – Use of Narcan 1:30-3:00 – Clean Up Sewing Room	12 10:00-3:00 – Pathways in Loudonville St. Peter's Rectory House 220 E Butler St, Loudonville
15 10:15-11:00 – Check-In 11:00-12:00 – Hiding From Love 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	16 *10:15-11:00 – Check-In *11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 –Exercise +*1:00-2:00 – Opening Up By Writing It Down +*2:00-3:00 – Budget Basics 6:00-7:30 – <i>Seeking Safety</i>	18 10:15-11:30 – Check-In 11:45-12:00 – Exercise 12:00-1:00 – Seeking Safety 1:00-2:00 – Personal Medicine (PM) 2:00-3:00 – Personal Medicine (PM): One-on-One	19
22 10:15-11:00 – Check-In +11:00-12:00 – Dreaming: Living Beyond Today 12:30-12:45 – Exercise 1:00-3:00 – Sewing 1:00-3:00 – One-on-One	23 *10:15-11:00 – Check-In +*11:00-12:00 – Bible Study (Pastor Andrew) *12:15-12:30 –Exercise *1:00-2:00 – Conversation Skills *2:00-3:00 – Recertification Basics 6:00-7:30 – <i>Seeking Safety</i>	25 10:15-11:00 – Check-In 11:00-12:30 – Peer Leadership: Using Mindfulness to Cope & Manage Stress 1:00-2:00 – Peer Supporter Skills 2:00-3:00 – Peer Supporter Recertification Process	26 3:30-7:30 Meal & A Movie Join us for dinner, a movie, and a discussion!
29 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	30 *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>	October 2 10:15-11:00 – Check-In 11:15-12:15 – Hiding From Love 12:15-12:30 – Exercise +1:00-2:00 – Beyond Boundaries: Learning to Trust Again in Relationship 2:00-3:00 – Clean-Up Pathways	3

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 2025

Monthly Highlights

PLEASE CHECK FACEBOOK FOR CALENDAR UPDATES!!!

We are now utilizing 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 the directions provided.

Pathways will be **closed** on **Monday, September 1**, for Labor Day.

Fellowship Friday will be **Friday, September 5, 11:00-3:00**. **Meal & a Movie** will be on **Friday, September 26, 3:30-7:30**.

Pathways will be in **Loudonville** at St. Peter’s Rectory House on **Friday, September 12, 10:00-3:00**.

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 8**.

On Thursday, **September 11**, from **11:00-12:00**, **Jeremy Smith**, Coordinator of Co-Occurring Disorders at Appleseed, will be presenting a one-hour training on **How to Help Someone with an Addiction**, good for 1 CEU for CSWMFT Board. You are welcome to attend. (After the training, there will be a half-hour Q&A, **and** then a presentation on **how to use Narcan**.)

Pathways will host a web-based trainings on **Peer Support Leadership Training: Ethics & Boundaries (9/4)**, **Peer Support Leadership Training: Using Mindfulness to Cope & Manage Stress (9/25)**, and several other groups on **peer supporter issues and skills (September 23 & 25)**.

We have several new groups and continuing groups this month: **Power of Accountability (9/29)**, **Hiding From Love (9/4 & 15)**, **Budget Basics (9/16)**, **Dreaming: Living Beyond Today (9/22)**, **Conversation Skills (9/23)**, and **Opening Up By Writing It Down (9/16)**.

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 **Tuesdays at 11:00**.



- **Healthy Relationships**
- **Setting Boundaries**
- **Conversation Skills**
- **Accountability**
- **Pathways in Loudonville**
- **Emotional Blackmail**
- **Co-Occurring Disorders**
- **Setting Goals**
- **Budget Basics**
- **Peer Leadership Training**
- **Hiding from Love**
- **Dreaming: Living Beyond Today**
- **Opening Up By Writing It Down**

September Birthday Celebration:

If you have a September Birthday, we will have a celebration on the last Tuesday of the month (9/30).