



+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](https://us06web.zoom.us/j/8514953888)    Phone Number: 646 558 8656**

Monday	Tuesday	Thursday	Friday
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
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 ( <b>Pastor Andrew</b> ) *12:15-12:30 – Exercise *1:00-2:00 – How To Make Changes *2:00-3:00 – Self-Care Check-In	<b>RECOVERY CONFERENCE            In COLUMBUS            (for only those pre-registered)</b>	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
<b>4</b>	<b>5</b>	<b>7</b>	<b>8</b>
10:30-11:00 – Check-In 11:00-12:00 – Healthy Relationships ( <b>Safe Haven</b> ) 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 ( <b>Pastor Andrew</b> ) *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	<b>10:00-3:00 – Pathways in Loudonville</b> St. Peter’s Rectory House 220 E Butler St, Loudonville Register at Ashland Public Library – Gratitude Journaling <a href="https://ashland.librarycalendar.com/event/healthy-living-15629">https://ashland.librarycalendar.com/event/healthy-living-15629</a>
<b>11</b>	<b>12</b>	<b>14</b>	<b>15</b>
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 ( <b>Pastor Andrew</b> ) *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	<b>11:00-3:00 Fellowship Friday</b> Learn to cook your favorite comfort foods, then join us for the meal and games!
<b>18</b>	<b>19</b>	<b>21</b>	<b>22</b>
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 ( <b>Pastor Andrew</b> ) *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	
<b>25</b>	<b>26</b>	<b>28</b>	<b>29</b>
4:00-6:00 – Thanksgiving Dinner PLEASE R.S.V.P	*10:30-11:30 – Check-In *11:00-12:00 – Bible Study ( <b>Pastor Andrew</b> ) *11:45-12:00 – Exercise *1:00-2:00 – Holiday Strategies *2:00-3:00 – Recognizing/Handling Stress	<b>CLOSED for Thanksgiving Holiday</b>	

**Pathways Peer Support**  
**Hours: 10:00 AM – 3:00 PM on Monday, Tuesday & Thursday**  
**Address: 34 W 2<sup>nd</sup> 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).