

# Pathways Calendar - April - June 2024

Updated 4/17/24

*All services provided through Pathways are Medicaid eligible.*

## EVERYDAY SUPPORTS & SERVICES OFFERED

- Coffee and light snacks
- Computer access
- Self-serve arts and crafts
- Peer Support assistance with:
  - Housing searches and paperwork
  - Initial application for social security
  - Initial and re-certification paperwork for OHP or SNAP benefits
  - Front Door Assessments for Lane County Centralized Housing waitlist

TO USE RIDESOURCE TRANSPORTATION, call reception to register for groups or to be added to the Drop-In schedule for 1:1 peer support.

**RideSource requires a verified behavioral health appointment in combination with these services:**

- Food Pantry
- Genoa Pharmacy
- Mail or check pick-up
- 1:1 appointments of 15 minutes or less
- Group participation of 30 minutes or less

## **MONDAY ACTIVITIES - DROP-IN CENTER OPEN 8:30 AM-11:00 AM**

- 9:00-9:45 ARTS & CRAFTS w/ Avraam** ----- **Location: Pathways**  
Join Avraam and peers to relax and let your creative juices flow. Each week a simple craft or decorative project will be on-hand, or you join the group and bring your own project. Crocheting, knitting and collaging supplies are always available.
- 11:00-12:00 SEEKING SAFETY w/ Emily**----- **Location: Room 63**  
A model for individuals struggling with trauma and substance use. Develop practical coping skills to attain safety in your relationships, thinking, behavior and emotions without delving into past trauma and triggering painful emotions or memories.
- \*12:00-2:30 BOWLING w/ Avraam** ----- **Meet @ 12PM in Lobby**  
*\*Mondays, May 6th and June 3rd – Register @ Reception or call (541) 485-6340*  
Coordinate with Avraam to organize rides to the bowling alley.
- 1:00-2:00 MANAGING ANGER w/ Scott** ----- **Location: Pathways**  
Poorly managed anger can take a serious toll on your health, both physical and mental, and relationships. Join us in learning how to identify anger triggers, manage and communicate complicated feelings in a healthy, productive way.
- >----- > *Upcoming Group Time and Name Change:*  
----- >----- > *Starting Mon, May 6th, this group will meet Mondays 3:00-4:00 as "OPTIONS TO ANGER"*

## **TUESDAY ACTIVITIES - DROP-IN CENTER OPEN 8:30 AM-11:00 AM**

- 9:00- 9:45 GAMES WITH FRIENDS w/ Karen** ----- **Location: Pathways**  
Interested in learning and practicing coping skills, conversation skills, and mindfulness? Come join us to play games that support trauma-informed interactions and skills development.
- 9:00-10:00 CROCHETING w/ Avraam** ----- **Location: Pathways**Learn  
a time-honored skill at your pace and in a supportive place.
- 11:00-11:45 VETS & FRIENDS WRAP for WORK w/ Avraam** ----- **Location: Room 63**  
Actively working or considering returning to work? Join us to develop a daily plan to stay on track with your employment goals, identify what throws you off track, develop a plan to keep moving forward, gain support and stay in control even in a crisis.

## **TUESDAY ACTIVITIES (Continued)**

- 11:00- 12:30 DBT SKILLS GROUP w/ DK** ----- **Location: Pathways**  
Want to learn DBT? Join us to learn skills to take control of your thoughts and emotions. Create better relationships by learning to ask for what you want, say no and manage conflict.
- 12:45-2:15 CONFIDENCE w/ DK** ----- **Location: Room 63**  
Low self-esteem can be a significant barrier to personal growth. This group teaches strategies and exercises to help you learn how to develop a balanced sense of who you are and who you could be.
- 2:15-3:15 DUAL DIAGNOSIS ANONYMOUS (DDA) w/ Misty** ----- **Location: Pathways**  
DDA provides support and fellowship to help persons “overcome and start on the road to recovery.” The only requirement for membership in DDA is a desire to develop healthy, addiction-free lifestyles.
- 3:30-4:15 E-IMR w/ Scott and Misty** ----- **Location: Pathways**  
Live your best life! Learn strategies to reduce and manage substance use and mental health symptoms while pursuing your goals.

## **WEDNESDAY ACTIVITIES - DROP-IN CENTER OPEN 8:30 AM-11:00 AM**

- 9:00-9:45 CREATIVE WELLNESS w/ DK**----- **Location: Pathways**  
You don't have to be an expert to engage in creative activities - the act of creating in itself can be therapeutic and healing. Join peers each week to use art, writing and music to process your emotions and find a sense of meaning even during difficult times.
- 10:00-10:45 ACT YOURSELF into A NEW WAY OF THINKING w/ DK -** ----- **Location: Pathways**  
Feeling shy? Acting is a great way to open up and express yourself! Feeling stuck? Acting provides a safe space to express a wide range of emotions! Feeling overwhelmed? Acting empowers you to accept, understand and manage your complex feelings, nonjudgmentally! Feeling socially awkward? Acting classes can boost your self-confidence, as well as your social and communication skills! Join us and make new friends in a positive, dynamic and fun environment!
- 11:00-11:45 JOURNEY TO SELF EMPOWERMENT w/ Angela** ----- **Location: Pathways**  
This group provides self-encouragement through art, fostering self-worth, inspiring new ideas to begin the recovery journey, building self-esteem, motivation, and promoting positivity.

## **THURSDAY ACTIVITIES - DROP-IN CENTER OPEN 8:30 AM-12:00 PM**

- 9:00-12:00 LHC FOOD PANTRY** ----- **Location: Pathways**  
Food budget tight? Grab some staples to fill your pantry. In partnership with Food for Lane County (*an Equal Opportunity Provider*), LHC offers a variety of dry goods, canned food, snacks, produce, refrigerated and freezer items. Offers change every week. **Not eligible for RideSource.**
- 9:00-12:00 COGNITIVE CHALLENGE THURSDAY** ----- **Location: Pathways**  
Starting at 9AM and every hour until Noon, the peer staff will have activities designed to keep you on your toes by challenging your memory, problem-solving and critical thinking skills. While you're waiting, join us for trivia contests, Sudoku and Crossword challenges, Scrabble tournaments and other activities. You could win a prize!