



# February

# 2026

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 Writer's Group 2:00- 3:30 Write Your Story	3	4	5	6	7
8	9 Writer's Group 2:00 - 3:30 Write Your Story	10	11 Women's Group 1:00 - 2:00	12	13	14 Men's Courage & Strength Group 12:00 - 1:00
15	16 Office Closed President's Day	17	18	19	20	21
22	23 Writer's Group 2:00 - 3:30 Write Your Story	24	25 Women's Group 1:00 - 2:00	26	27 Helena Book Group 6:00 - 7:00	28 Men's Courage & Strength Group 12:00 - 1:00



## Group Descriptions

Unless otherwise stated - All groups meet at the Ability Montana Office  
825 Great Northern Boulevard  
Suite 105, Helena (near Cinemark)  
Questions please call 406-442-5755

### Come be yourself!!

#### **A Walk in Your WELLderNESS: ON HIATUS UNTIL FURTHER NOTICE**

Meets Every Tuesday from 1:30-2:30 pm in the Ability Montana conference room

Our group is made of peers that are like you and in similar situations. People that will get who you are and what life's struggles are like. A place to come be yourself! Becoming more social, making friends and building your support group are a few of the things that will grow when you take this journey. What else can you learn on your journey? Skills to cope with life, learn to have a voice and stand for yourself, grow to love yourself more. We talk about the 8 different dimensions of your wellness to expand your sense of purpose and meaning in life. Come on a journey as we climb your mountain of wellness.

Snacks and water will be provided.

Contact: Call or text Allison Fredrickson at 406-475-4296 or email at [afredrickson@abilitymt.org](mailto:afredrickson@abilitymt.org) with questions

Please title your email with the name of the group

#### **Women's Group:**

Meets on the 2nd & 4th Wednesdays from 1:00-2:00 pm in the Ability Montana conference room

Sometimes we gather at other places so be sure to contact me if you are interested in attending.

An inclusive support group for women with disabilities, made to encourage each other and help navigate life's challenges. We alternate between chat and crafts.

Snacks and water will be provided.

Contact: Call or text Allison Fredrickson at 406-475-4296 or email at [afredrickson@abilitymt.org](mailto:afredrickson@abilitymt.org) with questions

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#### **Men's Group: Courage & Strength:** Meets on the 2nd & 4th Saturdays from 12:00-1:00 pm

Join Brad for our ongoing Men's Group. This group of men, young and old alike, with disabilities -always meets out of the office for lunch and/or activities, which are often outdoors.

Call or text Brad at 406-459-7883 or email at [bvallance@abilitymt.org](mailto:bvallance@abilitymt.org) for specifics on location

Please title your email with the name of the group

#### **Helena Book Group:** Meets once a month from 6:00-7:00 pm at the L&C Library. See front for details

Join Ability Montana in a book discussion!

A limited number of books are available at the Ability Montana office.

Contact: Call or text Maria at 406-422-5755 or email at [mstout@abilitymt.org](mailto:mstout@abilitymt.org) with questions

Please title your email with the name of the group