



June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Mail n Munchies Food Share Comm Rm 1:00-2:00	9	10 Women's Group 12:45-2:00	11	12	13
14	15 Financial Fitness w/ Valley Bank 10:30-11:30 @ Ability MT <hr/> DAN 12:00-1:30 QR code on back	16	17	18	19 Office Closed Juneteenth	20
21 Father's Day First Day of Summer	22	23	24 Women's Group 12:45-2:00	25 Community Compass 12:00-1:00 QR code on back	26	27
28	29	30				

Group Descriptions

825 Great Northern Boulevard
Suite 105, Helena (near Cinemark)
Questions please call 406-442-5755

If Emailing - please put the title of the group in your subject line

Come be yourself!!

Financial Fitness with Valley Bank: Meets on the 3rd Tuesday from 10:30-11:30. Join us and get a handle on your finances. Topics are great and varied. Covering everything from budgeting, savings, credit, spam, etc and your input will help guide the course.

Contact Allison Fredrickson at 406-475-4296 or afredrickson@abilitymt.org with questions

Community Compass: Meets the last Thursday of the month from 12-1pm. Informational session to learn more about navigating state and national programs like Medicaid and Social Security. Meets via Zoom.

Scan the QR code for the link or email hkowsky@abilitymt.org



Disability Action Network (DAN): Meets the third Monday from 12-1:30pm. A virtual space for advocates to connect, build advocacy skills, and learn about policy issues impacting people with disabilities. Together, we work to increase accessibility in our communities and turn knowledge into meaningful action.

Meets via Zoom. Scan QR code for meeting link or email kbrown@abilitymt.org



Women's Group: Meets on the 2nd & 4th Wednesdays from 12:45-2:00 pm in the Ability Montana conference room. We begin with yoga and start group at 1:00.

Sometimes we gather at other places so contact me if you are interested. An inclusive support group for women with disabilities. We encourage each other and help navigate life's challenges. We alternate between chat and crafts.

Contact Allison Fredrickson at 406-475-4296 or afredrickson@abilitymt.org with questions

Mail n Munchies: Avoid opening your mail from programs such as Medicaid, Social Security, etc? We'll help you navigate things. Our hope is to help make this task less scary and frustrating for you!

Contact Allison Fredrickson at 406-475-4296 or afredrickson@abilitymt.org with questions

Men's Group: Courage & Strength: CURRENTLY ON HIATUS

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 -always meets out of the office for lunch and/or activities, which are often outdoors.

Contact Brad at 406-459-7883 or bvallance@abilitymt.org for specifics on location