

Butte Group Events

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Joy in Motion: 12:30-1:30pm	2 Open hours: 12:30-1:30pm	3 Living Well Class: 12:30-2pm	4 Open hours: 12:30-1:30pm	5	6 *MS Support Group: Noon at Perkins	
7 	8	9 Open hours: 12:30-1:30pm	10 Mail & Munchies: 10:00-12:00pm Living Well Class: 12:30-2pm	11 Open hours: 12:30-1:30pm	12	13	
14	15 *Disability Action Network Zoom: 12:00-1:30pm	16 Open hours: 12:30-1:30pm	17 Art with Ashley: 12:30-2pm	18 Open hours: 12:30-1:30pm	19 Juneteenth OFFICE CLOSED	20	
21	22 Joy in Motion: 12:30-1:30pm	23 Open hours: 12:30-1:30pm	24 Living Well Class: 12:30-2pm	25 *Community Compass Zoom: 12:00-1:00pm Open hours: 12:30-1:30pm	26	27 	
28	29 I want to Advocate! 10am-4pm Library	30 Open hours: 12:30-1:30pm	<p>*These groups are also available to participate via Zoom, contact our office at 406.782.4834 to be sent the link. *These groups held offsite. Check back for address.</p>				

Group Descriptions: All groups meet at the Ability Montana Office (820 W. Platinum, Butte) unless otherwise stated.

Questions? Please call 406-782-4834.

The Montana Tech bus stops across the street from the Butte Office at :24 each hour.

Art with Ashley: *Wednesday, June 17th from 12:30-2:00pm at the Ability Montana Office.*

Join us for a fun art project led by Ashley.

Community Compass Zoom: *Last Thursday of each month from 12:00-1:00pm on Zoom:* Informational session to learn more about navigating state and national programs like Medicaid and Social Security. Meets via **Zoom**. Scan QR code for meeting link or email kbrown@abilitymt.org

CC Zoom:



Disability Action Network Zoom: *Third Monday of each month from 12:00-1:30pm on Zoom:* 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

DAN Zoom:



I want to Advocate! Growing our disability advocacy community: *Monday, June 29th 10am-4pm Uptown Library 226 W. Broadway St. Butte*
Have you wondered how your voice can be used to make change in our community? You have power! We'd love to meet you, learn about your advocacy priorities, and work together on creating a better community. Come anytime between 10am-4pm to learn how to be involved.

Joy in Motion: *Monday 6/01 and 6/22 from 12:30-1:30pm at the Ability Montana Office:*

A fun and easy-going group focused on movement, breathing, relaxation, and laughter. Each session includes things like simple chair yoga, breathing techniques, and lighthearted activities to help support stress relief, mood, and connection with others.

Living Well Class: *Every Wednesday from 12:30-2:00pm at the Ability Montana Office *NO CLASS 6/17:*

Living Well with a Disability is a 10-week workshop that will help you set goals and build independent living skills.

Mail & Munchies: *Second Wednesday of each month from 10:00am-12:00pm at the Ability Montana Office:*

If you've ever avoided opening a letter because it felt overwhelming, you're not alone. This a relaxed space to open and understand mail together. We'll support you through next steps and shred your junk mail. Free bagels, coffee and tea included!

MS Support: *First Saturday from 12:00-1:00pm at Perkins:* The Multiple Sclerosis Support group is for anyone living with or affected by MS. Participants exchange tips and information, talk about challenges, learn new coping strategies and find access to local resources.

Open Hours: *Tuesdays from 12:30-1:30pm and Thursdays from 12:30-1:30pm at the Ability Montana Office:*

Everyone is welcome to come to our office during open hours to have access to craft supplies, games, puzzles, books, and more. Create and play on your own or with other peers in the room. Build connection and support with other community members.