



March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Augusta Library Mail n Munchies 10:00 - 2:00	3	4	5	6	7
8	9 Helena Mail n Munchies 1:00 - 2:00 Ability MT Conf Rm	10	11 Women's Group 1:00 - 2:00	12 Lincoln Library Mail n Munchies 12-2:30	13	14
15	16	17 	18	19	20	21
22	23	24	25 Women's Group 1:00 - 2:00	26 Townsend Library Mail n Munchies 6-8 pm		28
29	30	31				

Group Descriptions

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

Come be yourself!!

Mail n Munchies:

Avoid opening your mail from programs such as Medicaid, Social Security, etc? Not sure what to do with it once you do? Bring your mail to us along with other correspondence that might relate to it - and we will help you navigate things.

Our hope is to help make this task less scary and frustrating for you!
See front for details of time and locations.

Contacts:

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

Charles Alvarez at 406-461-9861 or calvarez@abilitymt.org

Maria Stout at 406-422-5755 or mstout@abilitymt.org

Augusta Sr Center: Charles or Maria

Helena: Allison or Maria

Lincoln Library: Maria or Charles

Townsend Library: Charles or Maria

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.

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

Please title your email with the name of the group

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

Please title your email with the name of the group