

# Butte Group Events

## May 2026



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

†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.

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**\*MS Support Group:**  
Noon at Perkins

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**OFFICE CLOSED  
FOR 504 EVENT  
IN HELENA**

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**Open hours:**  
12:30-1:30pm

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**Open hours:**  
12:30-1:30pm

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**Joy in Motion:**  
12:30-1:30pm

12

**Open hours:**  
12:30-1:30pm

13

**Mail & Munchies:**  
10:00-12:00pm

14

**Open hours:**  
12:30-1:30pm

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†**Disability Action  
Network Zoom:**  
12:00-1:30pm

19

**Open hours:**  
12:30-1:30pm

20

**Living Well Class:**  
12:30-2pm

21

**Open hours:**  
12:30-1:30pm

22

23

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**OFFICE CLOSED  
FOR HOLIDAY**

26

**Open hours:**  
12:30-1:30pm

27

**Living Well Class:**  
12:30-2pm

28

†**Community  
Compass Zoom:**  
12:00-1:00pm  
**Open hours:**  
12:30-1:30pm

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**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.**

**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](mailto: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](mailto:kbrown@abilitymt.org)

DAN Zoom:



**Joy in Motion:** *Every other Monday starting 5/11 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 starting 5/20 from 12:30-2:00pm at the Ability Montana Office:*

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.