

# September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <u>A Walk in Your WELLderNESS</u> 1:30-2:30	3	4	5	6
7	8 <u>Writer's Group</u> 2:00-3:30	9 <u>A Walk in Your WELLderNESS</u> 1:30-2:30	10 <u>Women's Group</u> 1:00-2:00	11 <u>Boulder Game Day Library</u> 11 - 12	12	13 <u>Men's Courage &amp; Strength Group</u> 1:00-2:00
14	15 <u>Writer's Group</u> 2:00-3:30	16 <u>A Walk in Your WELLderNESS</u> 1:30-2:30	17	18	19	20 Wild For Accessibility @ Spring Meadow
21 <u>NAMI Walk @ Memorial Park</u> 12:30-2:30	22 <u>Writer's Group</u> 2:00-3:30	23 <u>A Walk in Your WELLderNESS</u> 1:30-2:30	24 <u>Women's Group</u> 1:00-2:00	25	26 <u>Book Group 2025.pdf</u> 6:00-7:00	27 <u>Men's Courage &amp; Strength Group</u> 1:00-2:00
28	29 <u>Writer's Group</u> 2:00-3:30	30 <u>A Walk in Your WELLderNESS</u> 1:30-2:30				

Notes:

## **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:** Meets Every Tuesday from 1:30-2:30 pm at the Ability Montana office

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. Becoming more social, making friends and building your support group are a few of the things that will grow. 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 wellness to expand your sense of purpose & meaning in life. Come on a journey as we climb your mountain of wellness.

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 at the Ability Montana office

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

**Book Group:** Meets on the last Friday of every month from 6:00-7:00 pm at the Lewis & Clark Library

Join Ability Montana in a book discussion!

Currently reading: The Unlikely Pilgrimage of Harold Fry.

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

**Boulder Game Day:** Meets on September 18 (more dates to come!) from 11:30-1:00 at the Boulder Library

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

**Writer's Group:** Meets Mondays beginning 9/8-10/27 from 2:00-3:30 at the Ability Montana office

We will guide you through several ideas and concepts that will help you share your experiences of navigating this world with a disability. The ups, downs, and the in-betweens. Writing your story has proven to be a very therapeutic and healing process.

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