Butte Group Events

ABILITY MONTANA
406-782-4834

November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 **Open hours:** 12:30-1:30pm	4 **Rock Painting:** 2:15-3:00pm	5 **Gather & Grow** 11-12pm **Open hours:** 12:30-1:30pm	6	7 ***MS Support Group:** 12:00pm at Perkins
8 	9	10 **Open hours:** 12:30-1:30pm	11 **Veteran's Day** **OFFICE CLOSED**	12 **Open hours:** 12:30-1:30pm **Friends and Feelings; A Peer Support Project:** 1:45-3:00pm	13 **Bus Buddies +Ice Cream Social**: 1:15-3:30pm	14
15	16 **Fierce Females**: 1:00-2:00pm	17 **Open hours:** 12:30-1:30pm	18 **Rock Painting:** 2:15-3:00pm **Disability_Action Network-Zoom:** 3:00pm	19 **Gather & Grow** 11-12pm **Open hours:** 12:30-1:30pm **Disability Advocacy Academy: Effective Storytelling** 11am or 6pm ZOOM	20	21
22	23	24 **Open hours:** 12:30-1:30pm	25 **Rock Painting:** 2:15-3:00pm	26 **Thanksgiving** **OFFICE CLOSED**	27 **OFFICE CLOSED**	28 
29	30					

† 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.

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.

Bus Buddies + Ice Cream Social: *Friday, November 13th from 1:15-3:30pm:* Meet us at the Ability Montana office to ride the bus route. Use this opportunity to learn more about the bus and where the routes go. When we're done we'll celebrate with ice cream!

Disability Action Network: Wednesday, November 18. 3:00pm ZOOM. Join us for our monthly advocacy call to discuss accessibility, good access is good business or talk about any other advocacy issues that matter to you. Questions? Call or text Cassie at 406-461-3193 or email cwick@abilitymt.org for the meeting link.

To join the Disability Action Network meeting

Disability Advocacy Academy: Effective Story Telling Wednesday, November 19. 11am or 6pm ZOOM. Learn how to share your personal experiences in a way that educates, inspires, and influences decision-makers. Call or text Cassie at 406-461-3193 or email cwick@abilitymt.org for the registration link.

Fierce Females: *Monday November 16th from 1:00-2:00pm at Ability Montana:* Calling all the fierce females who have stories to share, guidance to give to other females and also, speak on topics that impact how females live daily. Join for the monthly support group of females in person or on ZOOM. Email kpowell@abilitymt.org for registartion.

Friends and Feelings; a Peer Support Project: *Thursday, November 12th from 1:45-3:00pm*: This group intends to introduce topics exploring friendship, including how to build connections, what it means to be a good friend, and how to navigate relationships. The introductory prompt will be followed by time to connect, a space to share experiences, and opportunities to build meaningful friendships with peers. Light snacks provided.

Gather & Grow: *Two Thursdays/month from 11:00-12:00pm*: Working Your Wellness is a collection of classes designed to support your physical, mental, and emotional well-being. Participants will enjoy a variety of activities, including Motivation Bingo, meditation, chair yoga, and more. Come move, connect, and discover simple ways to add wellness into your everyday life!

Open Hours: *Tuesdays 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.

Rock Painting: *Wednesdays from 2:15-3:00pm:* Unwind with a relaxing rock painting class! Paint colorful designs, inspiring messages, or simple patterns on smooth stones in a fun, welcoming atmosphere. No experience needed and all supplies are provided!

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.