

Warm Line Phone
(859) 252-0058
1-877-840-5167
CALL US!!

Participation Station

a peer operated center

869 Sparta Court
Lexington, KY
40504
859-309-2856

<http://psapoc.org>

Schedule of Events August 13-August 19, 2017

Sunday, August 13th we're open from 2:30pm-4:00pm

Consumer Support Groups

Monday, August 14th we're open from 10:00am-4:00pm

10:00am-10:45am -- M&Ms Feeling Game MA

11:00am-11:45am—WRAP SB

1:00-1:45pm -- Prayer TL

2:00pm-2:45pm– Bingo MB

3:00pm - 4:00pm – Karaoke LG

Tuesday, August 15th we're open from 10:00am-4:00pm

10:00am-10:45am – Schizophrenia BT

11:00pm-11:45am -- Sew/Craft for PS LB

1:00pm-1:45pm - WHIP Tai Chi SO

2:00pm-2:45pm - Meditation SB

3:00pm-3:45pm - Kentucky Roots TL

Wednesday August 16th we're open from 10:00am-4:00pm

10:00am-10:45am – The Life and Art of Vincent Van Gogh DF

11:00pm-11:45am -- WRAP SB

1:00pm-1:45pm - Native American Beliefs LV

2:00pm-2:45pm - What Now? MB

3:00pm-3:45pm -Aesop's Fables LV

Thursday, August 17th we're open from 10:00am-4:00pm

10:00am-10:45am - Basic Sewing LB

11:00am-11:45am–NASCAR Racing Game PR

1:00pm-1:45pm - Writing for Recovery BT

2:00pm-2:45pm—Men's Group: DF

2:00pm-2:45pm - Women's Group: Actions for Anxiety RP

3:00pm-3:45pm - Collages SM

Friday, August 18th we're open from 10:00am-4:00pm

10:00am-10:45am - Inner Child MA

11:00pm-11:45pm - When Relationships Change or End SM

1:00pm-1:45pm - WHIP Tai Chi SO

2:00pm-2:45pm - Meditation SB

3:00pm-3:45pm - Music Trivia MB

Saturday, August 19th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous

11:30am-12:30pm FREE Restorative Yoga

10:am-11:30am FREE APRN Clinic

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Schedule of Events August 20-August 26, 2017

Sunday, August 20th we're open from 2:30pm-4:00pm

Consumer/Family Support Group

Monday, August 21st we're open from 10:00am-4:00pm

10:00am-10:45am –Setting Goals MA

11:00am-11:45am—WRAP SB

1:00-1:45pm -- Prayer TL

2:00pm-2:45pm—Uno BT

3:00 - 4:00pm– Karaoke LG

Tuesday, August 22nd we're open from 10:00am-4:00pm

10:15am-10:45am—Bible Trivia DF

11:00pm-11:45pm— Sew/Craft for PS LB

1:00-1:45pm -- WHIP Tai Chi SO

2:00pm-2:45pm– Meditation SB

3:00 - 4:00pm -- The History of Daniel Boone LV

3:30pm-4:30pm—NAMI Introductions-Intro to NAMI programs, general information on mental illnesses and an opportunity for support and questions. We meet at Eastern State Hospital.

Wednesday, August 23rd we're open from 10:00am-4:00pm

10:00am-10:45am-Emotional Regulation: Sleep Hygiene MA

11:00am-11:45am -- WRAP SB

1:00pm-1:45pm - History of Nursery Rhymes LV

2:00pm-2:45pm - Perfection: The Game MA

3:00pm-3:45pm - Anger Management SO

Thursday, August 24th we're open from 10:00am-4:00pm

10:00am-10:45am - Basic Sewing LB

11:00am-11:45am- Cooking 101: Beans and Cornbread BT

1:00pm-1:45pm - Writing for Recovery BT

2:00pm-2:45pm—Men's Group: PR

2:00pm-2:45pm - Women's Group: Actions for Anxiety LG

3:00pm-3:45pm—Collages SM

Friday, August 25th we're open from 10:00am-4:00pm

10:00am-10:45am - Spelling Bee MB

11:00pm-11:45pm– When Relationships Change or End II SM

12:00pm-1:00pm - Double Trouble in Recovery (Support Group for Co-occurring Disorders)

1:00pm-1:45pm - WHIP Tai Chi SO

2:00pm-2:45pm - Meditation SB

3:00pm-3:45pm –Poetry and the Life of Edgar Allen Poe DF

Saturday, August 26th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous

11:30am-12:30pm FREE Restorative Yoga