

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 January 14-January 20, 2018*

Sunday, January 14th we're open from 2:30pm-4:00pm

### **Consumer Support Group**

Monday, January 15th we're open from 10:00am-4:00pm

10:00am-10:45am -- Building Your Trellis LV

11:00am-11:45am—WRAP SB

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

2:00pm-2:45pm– Karaoke LG

3:00pm - 4:00pm – Blaming Others LV

Tuesday, January 16th we're open from 10:00am-4:00pm

10:00am-10:45am – Smiley Man PR

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

1:00pm-1:45pm - Intro to Relapse Prevention MA

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

3:00pm-3:45pm -Coloring Relaxation JS

Wednesday, January 17th we're open from 10:00am-4:00pm

10:00am-10:45am - NASCAR Racing Trivia PR

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

1:00pm-1:45pm– The Peaceful Warrior Part 1 MA

2:00pm-2:45pm - 101 Coping Skills LV

3:00pm-3:45pm– Processing Grief SO

Thursday, January 18th we're open from 10:00am-4:00pm

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

11:00pm-11:45am -- Depression Support Group DT

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

2:00pm-2:45pm - Women's Group: RP

2:00pm-2:45pm– Men's Group: Attitudes vs Facts DF

3:00pm-3:45pm– Drumming AC

Friday, January 19th we're open from 10:00am-4:00pm

10:00am-10:45am—Uno BT

11:00pm-11:45pm –Chair Exercises AC

1:00pm-1:45pm - Sports Trivia DF

2:00pm-2:45pm –Meditation SB

3:00pm-3:45pm-Tai Chi Lite SO

Saturday, January 20th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous

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## *Schedule of Events January 21, 2017-January 27, 2018*

Sunday, January 21st we're open from 2:30pm-4:00pm

### **Consumer/Family Support Group**

Monday, January 22nd we're open from 10:00am-4:00pm

10:00am-10:45am –Relapse Prevention Complete MA

11:00am-11:45am—WRAP SB

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

2:00pm-2:45pm–Collages LV

3:00pm - 4:00pm–Bingo LG

Tuesday, January 23rd we're open from 10:00am-4:00pm

10:00am-10:45am—The Peaceful Warrior Part 2 MA

11:00pm-11:45pm— Sew/Craft for PS LB

1:00pm-1:45pm - Schizophrenia BT

2:00pm-2:45pm– Meditation SB

3:00 - 4:00pm –Coloring Relaxation JS

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

10:00am-10:45am-In Our Own Voice Presentation

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

1:00pm-1:45pm - The Magic Number PR

2:00pm-2:45pm - Lowering Anxiety SO

3:00pm-3:45pm - Processing Grief SO

Thursday, January 25th we're open from 10:00am-4:00pm

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

11:00am-11:45am– Depression Support Group DT

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

2:00pm-2:45pm—Men's Group: Power of Positive Thinking DF

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

3:00pm-3:45pm– Drumming AC

Friday, January 26th we're open from 10:00am-4:00pm

### **CLOSED FOR TRAINING**

Saturday, January 27th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous