

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 March 11-March 17, 2018

Sunday, March 11th we're open from 2:30pm-4:00pm

Consumer Support Group

Monday, March 12th we're open from 10:00am-4:00pm

10:00am-10:45am—Water Needs SN

11:00am-11:45am—WRAP SB

1:00-1:45pm -- Prayer SS

2:00pm-2:45pm— What To Tell Your Therapist MA

3:00pm - 4:00pm – Apollo 13 Mission LV

Tuesday, March 13th we're open from 10:00am-4:00pm

10:00am-10:45am – KY Weather at its Best TL

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

1:00pm-1:45pm - Surviving Self Harm CK

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

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

Wednesday, March 14th we're CLOSED FOR RENOVATIONS

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Thursday, March 15th we're open from 10:00am-4:00pm

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

11:00pm-11:45am -- Living Well w/Depression DT

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

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

2:00pm-2:45pm— Men's Group: The Rules of the Game PR

3:00pm-3:45pm— Drumming AC

Friday, March 16th we're open from 10:00am-4:00pm

10:00am-10:45am—Journaling TR

11:00pm-11:45pm –Cooking 101 RH

1:00pm-1:45pm - Say It and Believe It DF

2:00pm-2:45pm –Meditation SB

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

Saturday, March 17th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous

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Schedule of Events March 18-March 24, 2018

Sunday, March 18th we're open from 2:30pm-4:00pm

Consumer/Family Support Groups

Monday, March 19th we're open from 10:00am-4:00pm

10:00am-10:45am –Wii Bowling MA

11:00am-11:45am—WRAP SB

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

2:00pm-2:45pm–Poetry of Robert Service SS

3:00pm - 4:00pm–Perseverance LV

Tuesday, March 20th we're open from 10:00am-4:00pm

10:00am-10:45am - Soft Diet SN

11:00pm-11:45pm— Filling Out Your Advanced Directive BT

1:00pm-1:45pm - Arts & Crafts CK

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

10:00am-10:45am-US Geography PR

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

1:00pm-1:45pm - Surviving Misfortune DF

2:00pm-2:45pm - Bingo LG

3:00pm-3:45pm - Grief & Loss SO

Thursday, March 22nd we're open from 10:00am-4:00pm

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

11:00am-11:45am– Living Well w/Depression DT

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

2:00pm-2:45pm—Men's Group: Boys will be Boys SS

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

3:00pm-3:45pm– Drumming AC

Friday, March 23rd we're open from 10:00am-4:00pm

10:00am-10:45am - Journaling TR

11:00am-11:45am– Coping Skills: Past Future Present MB

1:00pm-1:45pm - Uno LG

2:00pm-2:45pm—Meditation SB

3:00pm-3:45pm– Tai Chi Lite SO

Saturday, March 24th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous