

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 September 10-September 23, 2017*

Sunday, September 10th we're open from 2:30pm-4:00pm

### **Consumer Support Groups**

Monday, September 11th we're open from 10:00am-4:00pm

10:00am-10:45am -- Fear in a Hat MA

11:00am-11:45am—WRAP SB

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

2:00pm-2:45pm– Karaoke LG

3:00pm - 4:00pm – When Relationships Change or End SM

Tuesday, September 12th 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 - Bingo MB

Wednesday September 13th we're open from 10:00am-4:00pm

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

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

1:00pm-1:45pm - Compassion DF

2:00pm-2:45pm - Humor Yourself MB

3:00pm-3:45pm Emotionally Healthy Spirituality LV

Thursday, September 14th we're open from 10:00am-4:00pm

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

11:00am-11:45am—Managing Emotions MP

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

2:00pm-2:45pm—Men's Group: Relating to Women SS

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

3:00pm-3:45pm –Exploring Your Roots SS

Friday, September 15th we're open from 10:00am-4:00pm

10:00am-10:45am - Total Recall MA

11:00pm-11:45pm - Smiley Man MA

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

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

3:00pm-3:45pm -Chemistry 101 LV

Saturday, September 16th we're open from 10:00am-12:30am

10:00am-11:30am Emotions Anonymous

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

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## *Schedule of Events September 17-September 23, 2017*

Sunday, September 17th we're open from 2:30pm-4:00pm

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

Monday, September 18th we're open from 10:00am-4:00pm

10:00am-10:45am –Alphabet Game MA

11:00am-11:45am—WRAP SB

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

2:00pm-2:45pm–Karaoke LG

3:00 - 4:00pm– When Relationships Change or End SM

Tuesday, September 19th we're open from 10:00am-4:00pm

10:15am-10:45am—Grocery Shopping 101 MP

11:00pm-11:45pm— Sew/Craft for P\$ LB

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

2:00pm-2:45pm– Meditation SB

3:00 - 4:00pm –Believing in Your Dreams and Goals TL

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

10:00am-10:45am-The Placebo Effect PR

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

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

2:00pm-2:45pm - Family Relationships LG

3:00pm-3:45pm - Science: Continental Drift LV

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

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

11:00am-11:45am- Healthy Living UK Nursing

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

2:00pm-2:45pm—Men's Group: Preparing for Your Life's Work SS

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

3:00pm-3:45pm– Lessons Learned from Nature SS

Friday, September 22nd we're open from 10:00am-4:00pm

10:00am-10:45am - Advanced Directive BT

11:00pm-11:45pm– Art 101 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 –Spelling Bee MB

Saturday, September 23rd we're open from 10:00am-12:30am

10:00am-11:30am Emotions Anonymous

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