

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 April 9-April 15, 2017

Sunday, April 9th we're open from 2:30pm-4:00pm

Consumer Support Groups

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

10:00am-10:45am --Karaoke Gone Wild! LG

12:00pm-12:45pm—ATOP: Birds of a Feather LV

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

2:00pm-2:45pm– Words of the Prophets DF

3:00pm - 4:00pm –The Good Samaritan SS

Tuesday, April 11th we're open from 10:00am-4:00pm

10:00am-10:45am -- Communication & Resolving Conflict MP

12:00pm-12:45pm— Coping Skills UK Nursing

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

2:00pm-2:45pm– Meditation SB

3:00 - 4:00pm -- Poetry Workshop SM

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

10:00am-10:45am – Do's & Don't's of In Our Own Voice MB

12:00pm-12:45pm -- ATOP: Give a Mouse - How to Say No LV

1:00pm-1:45pm - Observing Your Senses RP

2:00pm-2:45pm - Mental Health & the Bible DF

3:00pm-3:45pm -Mindfulness Part II RP

Thursday, April 13th we're open from 10:00am-4:00pm

10:00am-10:45am - Basic Sewing /Sew Craft LB

12:00pm-12:45pm-Self Care UK Nursing

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

2:00pm-2:45pm—Men's Group: Decision Making MB

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

3:00pm-3:45pm - Gentle Joyful Exercise LB

Friday, April 14th we're open from 10:00am-4:00pm

10:00am-10:45am – Spelling Bee MB

11:00am-12:00pm - Building Relationships UK Nursing

12:00pm-12:45pm– Living with Stressors UK Nursing

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 - Movie: Done in the Dark-Tyler Perry LG

Saturday, April 15th we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous

FREE APRN Clinic

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Schedule of Events April 16-April 22, 2017

Sunday, April 16th we're open from 2:30pm-4:00pm

Consumer/Family Support Group

Monday, April 17th we're open from 10:00am-4:00pm

10:00am-10:45am --Karaoke Gone Wild! LG

12:00pm-12:45pm—ATOP: Maintenance Plan LV

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

2:00pm-2:45pm– The Prodigal Son SS

3:00 - 4:00pm -- Finding God in Nature SS

Tuesday, April 18th we're open from 10:00am-4:00pm

10:15am-10:45am— Schizophrenia BT

12:00pm-12:45pm— Coping Skills UK Nursing

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

2:00pm-2:45pm– Meditation SB

3:00 - 4:00pm -- Poetry Workshop SM

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

10:00am-10:45am – Watercolors BT

12:00pm-12:45pm -- ATOP: Warning Signs LV

1:00pm-1:45pm - Trivia PR

2:00pm-2:45pm - History of Softball MB

3:00pm-3:45pm - Gentle Joyful Exercise LB

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

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

12:00pm-12:45pm- Improving Self Image UK Nursing

1:00pm-1:45pm - Writing for Recovery w/Jay McCoy AC

2:00pm-2:45pm—Men's Group: Humor is Healthy MB

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

3:00pm-3:45pm– Uno BT

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

10:00am-10:45am –Problem Solving & Coming Up with Solutions MP

11:00am-11:45am - Relaxation & Stress Techniques UK Nursing

12:00pm-12:45pm—Managing Social Anxiety UK Nursing

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 - Movie Conclusion: Done in the Dark-Tyler Perry LG

Saturday, April 22nd we're open from 10:00am-11:30am

10:00am-11:30am Emotions Anonymous