


Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION SUPPORT GROUP ONLINE IN-PERSON	10:00am Budgeting Track Leader: Stephen C.	10:00am Relationships Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Cooking w/Louise Track Leader: Louise B.	10:00am Coping w/PTSD Track Leader: Barb K.	10:00AM ANXIETY GROUP GROUP LEADER: VAL M. ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arnedo C.	11:00am Artwork Track Leader: Mitch Mc.	11:00am Mind Matters Track Leader: Terry G.	11:00am Living Well with Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP LEADER: KEVIN H. ONLINE & IN-PERSON
	1:00pm Outburst Track Leader: Anthony R.	12:00pm Special Guests UK Pharmacy Students Medication Management	12:00pm Lunch!	1:00pm Gifts, Skills, Talents & Abilities Track Leader: Steve S.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm State Capital Trivia Track Leader: Michael B.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Writing w/Linda Track Leader: Linda G.	2:00pm Meditation Track Leader: Jeremy H.	1:00pm Women's Mental Health Track Leader: Robin H.	If you don't have internet access but want to join by phone just call (929) 205-6099 and enter the Meeting ID when prompted. Meeting ID for each is 893 8312 6273
	3:00pm Music Trivia Track Leader: Teresa L.	2:00pm Drums Poetry Slam Track Leader: Anne-Marie H.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Poetry Track Leader: Jaleesa C..	2:00pm Reading w/Darcy Track Leader: Darcy L.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Film Reviews Track Leader: Daniel H.	3:00pm LGBTQIA+ Support Track Leader: Rebel B.	Participation Station is a Program of 		

Apr 21 – Apr 27, 2024

Virtual Tracks (by day of the week)

PS Open Link
(at the scheduled times, enter the track by clicking anywhere in this box!)

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION GROUP TRACK LEADER: VAL M	10:00am Budgeting Track Leader: Steve S.	10:00am Relationships Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Outburst Track Leader: Michael B.	10:00am Coping w/PTSD Track Leader: Barb K.	10:00AM ANXIETY WORKSHOP GROUP LEADER: VAL M.
	11:00am WRAP Track Leader: Arnedo C.	11:00am How to Cope with Anxiety Track Leader: Robin H.	11:00am Mind Matters Track Leader: Terry G.	11:00am Living Well with Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP GROUP LEADER: KEVIN H. ONLINE & IN-PERSON
	1:00pm Yahtzee Track Leader: Anthony R.	12:00pm Lunch!	12:00PM New Vista Guest Take Control of Your Health Erika Burnside	1:00pm Pick Your Craft Track Leader: Louise B.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm When Relationships Ends Track Leader: Linda G.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Listening to Music Track Leader: Jeremy H.	2:00pm Meditation Track Leader: Jeremy H.	1:00pm Dealing with the Death of Your Parents Track Leader: Steve C.	If you don't have internet access but want to join by phone just call (929) 205-6099 and enter the Meeting ID when prompted. Meeting ID for each is 893 8312 6273
	3:00pm The Logo Game Track Leader: Teresa L.	2:00pm Drum Poetry Slam Track Leader: Anne-Marie H.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Battlefield of the Mind Track Leader: Robin H.	2:00pm Reading w/Darcy Track Leader: Darcy L.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Film Reviews Track Leader: Robin H.	3:00pm LGBTQAI+ Support Track Leader: Rebel B.		Participation Station is a Program of 	

Participation Station Monthly Tracks for Apr 14 – Apr 20, 2024

Sunday

2:30pm NAMI Connection Support Group – A support group for anyone with a mental illness

Monday

10:00am Budgeting – We will discuss how to use your money wisely.

11:00am WRAP Skills – This is a group to help individuals learn and review Wellness Recovery Action Plan (WRAP) skills from Mary Ellen Copeland. Join a trained WRAP facilitator as she shares skills that can help you deal with the stress and anxiety that so many people are experiencing. The group simply reviews skills and is not an official WRAP group.

1:00pm Outburst – We will play a fun board game.

2:00pm State Capital Trivia – We will play a guessing game about state capitals.

3:00pm Music Trivia – We will play a trivia game about music.

Tuesday

10:00am Relationships – We will talk about interacting with each other.

11:00am Artwork – We will do some art with Mitch!

12:00pm Special Guests UK Pharmacy Students talking about Medication Management

1:00pm Bipolar Express – We will talk about how to live with bipolar disorder and how to manage the symptoms.

2:00pm Drum Poetry Slam - We will drum to relax and have fun.

3:00pm Film Reviews – We will talk about our favorite movies.

Wednesday

- 10:00am** **WRAP Skills** – This is a group to help individuals learn and review Wellness Recovery Action Plan (WRAP) skills from Mary Ellen Copeland. Join a trained WRAP facilitator as she shares skills that can help you deal with the stress and anxiety that so many people are experiencing. The group simply reviews skills and is not an official WRAP group.
- 11:00am** **Mind Matters** – We will talk about challenging your mind to stay positive working with Joyce Meyers book
- 1:00pm** **Writing with Linda** – We will do some creative writing.
- 2:00pm** **Chaplain's Corner** – Here's your opportunity to speak to our chaplain.
- 3:00pm** **LGBTQAI+ Support** – LGBTQAI+ support group

Thursday

- 10:00am** **Cooking w/Louise** – We will learn to make a simple dish.
- 11:00am** **Living Well with Mood Disorders** – We discuss how to live with bipolar depression.
- 1:00pm** **Gifts, Skills, Talents & Abilities** – We will talk about what we are good at.
- 2:00pm** **Meditation** – We will do a simple relaxation exercise.
- 3:00pm** **Poetry** – We will write a poem with Jaleesa.

FRIDAY

- 10:00am** **Coping w/PTSD** – We will talk about ways to manage PTSD symptoms.
- 11:00am** **DBT Skills Education** - A graduate of Dialectical Behavior Therapy (DBT) program will share with you some of the skills she learned in her experiences with this therapy which is designed for people who have dealt with severe trauma in their life. These are practical skills that can help improve your relationships with others.
- 12:00pm** **Writing Well w/Chrissy** - We will talk about various topics and share our thoughts during lunch
- 1:00pm** **Women's Mental Health** – We will talk about mental health and women's issues.
- 2:00pm** **Reading w/Darcy** – We will read an audiobook and discuss it

Saturday

- 10:00am** **Anxiety Group** – This is a support group where we learn to deal with anxiety and worry and how to manage it on a daily basis.
- 3:00pm** **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.

Participation Station Monthly Tracks for Apr 21 – Apr 27, 2024

Sunday

- 2:30pm** **NAMI Connection Support Group** – A support group for anyone with a mental illness.

Monday

- 10:00am** **Budgeting** – We will discuss how to use your money wisely.
- 11:00am** **WRAP Skills** – This is a group to help individuals learn and review Wellness Recovery Action Plan (WRAP) skills from Mary Ellen Copeland. Join a trained WRAP facilitator as she shares skills that can help you deal with the stress and anxiety that so many people are experiencing. The group simply reviews skills and is not an official WRAP group.
- 1:00pm** **Yahtzee** – We will play the classic board game.
- 2:00pm** **Meditation** – We will do an easy and relaxing meditation.
- 3:00pm** **The Logo Game** – We will play a fun game with Teresa.

Tuesday

- 10:00am** **Relationships** – We will talk about interacting with each other.

- 11:00am** **Facing the Facts** – We will talk about realizing the truth in situations.
- 1:00pm** **Bipolar Express** – We will talk about bipolar disorder and how to live and deal with its symptoms.
- 2:00pm** **Drum Poetry Slam** - We will drum to relax and have fun.
- 3:00pm** **Film Reviews** – We will discuss our favorite movies.

Wednesday

- 10:00am** **WRAP Skills** – This is a group to help individuals learn and review Wellness Recovery Action Plan (WRAP) skills from Mary Ellen Copeland. Join a trained WRAP facilitator as she shares skills that can help you deal with the stress and anxiety that so many people are experiencing. The group simply reviews skills and is not an official WRAP group.
- 11:00am** **Mind Matters** – We will talk about challenging your mind staying positive working with Joyce Meyers book
- 12:00pm** **New Vista Guest- Take Control of Your Health w/Erika Burnside**
- 1:00pm** **Listening to Music** – We will listen to some of our favorite tunes.
- 2:00pm** **Chaplain's Corner** – Here's your opportunity to speak to our chaplain.
- 3:00pm** **LGBTQAI+ Support** – LGBTQAI+ support group

Thursday

- 10:00am** **Outburst** – We will play a fun board game.
- 11:00am** **Living Well with Mood Disorders** – We discuss how to live with bipolar depression.
- 1:00pm** **Pick Your Craft** – We will be doing a fun craft.
- 2:00pm** **Meditation** – We will do an easy and relaxing meditation.
- 3:00pm** **Battlefield of the Mind** – How to stop negative thinking and embrace the positive things in your life.

Friday

- 10:00am** **Coping w/PTSD** – We will talk about ways to manage PTSD symptoms.

- 11:00am** **DBT Skills Education** - A graduate of Dialectical Behavior Therapy (DBT) program will share with you some of the skills she learned in her experiences with this therapy which is designed for people who have dealt with severe trauma in their life. These are practical skills that can help improve your relationships with others.
- 12:00pm** **Writing Well w/Chrissy** - We will talk about various topics and share our thoughts during lunch.
- 1:00pm** **Dealing with the Loss of Your Parents** – We will talk about grieving the loss of your parents.
- 2:00pm** **Reading with Darcy** – We will read a book with Darcy L.

Saturday

- 10:00am** **Anxiety Support Group** – We will talk about how to deal with anxiety and learn how to manage it on a daily basis.
- 3:00pm** **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.