


Apr 28 – May 4, 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 SUPPORT GROUP ONLINE IN-PERSON	10:00am Benefits of Exercise on Your Mental Health Track Leader: Stephen C.	10:00am Artwork Track Leader: Mitch McC.	10:00am WRAP Track Leader: Robin R.	10:00am Learning Spanish Track Leader: Jaleesa C.	10:00am Coping w/PTSD Track Leader: Barb K.	KY DERBY PARTY!! POTLUCK. PLEASE BRING A DISH TO SHARE! 5:30PM-7:00PM OR UNTIL THE RACE IS OVER. NO SUPPORT GROUPS TODAY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Learn From Your Mistakes 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.	
	1:00pm How to Deal w/Rude Neighbors Track Leader: Stephen C.	12:00pm LUNCH!	12:00pm LUNCH!	1:00pm Pop Culture Quiz Track Leader: Anthony R.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm Music Trivia Track Leader: Teresa L.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Writing w/Linda Track Leader: Linda G.	2:00pm Relaxing to Music Track Leader: Jeremy H.	1:00pm Reading w/Darcy Track Leader: Darcy L.	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 Uno Track Leader: Bonnie T.	2:00pm Drums Poetry Slam Track Leader: Anne-Marie H.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Current Events Track Leader: Don T.	2:00pm Move That Body! Track Leader: Louise B.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Yoga Track Leader: Bonnie T. In-Person Only	3:00pm LGBTQIA+ Support Track Leader: Rebel B.	Participation Station is a Program of 		

May 5 – May 11, 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 Benefits of Exercise on Your Mental Health Track Leader: Stephen C.	10:00am Learning Spanish Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Financial Education Class Special Guest Stephanie Wellman National City Bank	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 Having a Good Conscience 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 Art of Understanding Track Leader: Anne-Marie H.	12:00pm LUNCH!	12:00PM LUNCH!	1:00pm Outburst Track Leader: Anthony R.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm Spelling Bee Track Leader: Teresa L.	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 Reading w/Darcy Track Leader: Darcy L.	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 Spring Activities Track Leader: Linda G.	2:00pm Drum Poetry Slam Track Leader: Jerry M.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Spring Cleaning Track Leader: Anne-Marie H.	2:00pm Having a Healthy Lifestyle Track Leader: Robin H.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Yoga Track Leader: Bonnie T. In-Person Only	3:00pm LGBTQAI+ Support Track Leader: Rebel B.			
Participation Station is a Program of 						

Participation Station Monthly Tracks for Apr 28 – May 4, 2024

Sunday

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

Monday

10:00am **Benefits of Exercise on Mental Health** – We will talk about how exercise is good for our mental health.

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 **How to Deal with Rude Neighbors** – We will talk about how to deal with rude neighbors.

2:00pm **Music Trivia** – We will play a trivia game about music.

3:00pm **Uno** – We will play a fun card game.

Tuesday

10:00am **Artwork** – We will do some art with Mitch!

11:00am **Learn from Your Mistakes** – We will talk about how to learn from mistakes we make.

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 **Yoga w/Bonnie** – We will do some light yoga.

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 you 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 Learning Spanish** – We will learn some basic Spanish.
- 11:00am Living Well with Mood Disorders** – We discuss how to live with bipolar depression.
- 1:00pm Pop Culture Quiz** – We will play a fun game.
- 2:00pm Relaxing to Music** – We will listen to music and relax!.
- 3:00pm Current Events** – We will talk about what is going on in the world right now.

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 Reading w/Darcy** – We will read an audiobook and discuss it
- 2:00pm Move that Body!** – We will do some light exercise.

Saturday

10:00am **NO Groups Today**

KY Derby Potluck Party 5:30pm-7:00pm

Participation Station Monthly Tracks for May 5 – May 11, 2024

Sunday

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

Monday

10:00am Benefits of Exercise on Mental Health – We will talk about how exercise is good for our mental health.

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 Art of Understanding – We will talk about how to improve our lives.

2:00pm Spelling Bee – We will play a fun spelling game.

3:00pm Spring Activities – We will talk about things to do in Springtime.

Tuesday

10:00am Learning Spanish – We will learn some basic Spanish

11:00am Having a Good Conscience – We talked about saying things that you won't regret.

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 Yoga w/Bonnie – We will do some light yoga.

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** **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** **Financial Education Class – Special guest Stephanie Wellman from National City Bank will be talking to us about handling our finances.**
- 11:00am** **Living Well with Mood Disorders** – We discuss how to live with bipolar depression.
- 1:00pm** **Outburst** – We will play a fun game.
- 2:00pm** **Meditation** – We will do an easy and relaxing meditation.
- 3:00pm** **Spring Cleaning** – We will talk about cleaning your house for the new season.

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 **Reading with Darcy** – We will read a book with Darcy L.

2:00pm **Having a Healthy Lifestyle** – We will discuss how to have a healthy life.

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.