



Apr 13 – Apr 19, 2025

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 ONLINE ONLY!	10:00am Talking Exercise Music Track Leader: Kayla M.	10:00am Radio Station Reviews Track Leader: Daniel H.	10:00am WRAP Track Leader: Robin R.	10:00am What’s Important Track Leader: Don B.	10:00am Talking Outside with Amanda Track Leader: Amanda C.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY! 3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arneda C.	11:00am Stop Taking Life for Granted Track Leader: Robin H.	11:00am Mind Matters Track Leader: Terry G.	11:00am Owning Up to It Track Leader: Don B.	11:00am DBT Skills Track Leader: Makia A.	
	12:00pm Easter Colors Track Leader: Louise B.	12:00pm Drumming Track Leaders: Arneda C. & Patricia C.	12:00pm Lunch Recovery & Mental Health Track Leader: Mitch McC.	1:00pm The Art of Understanding Track Leader: Anne-Marie H.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	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 Password 123456
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	1:00pm Easter Fun Track Leader: Louise B.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Dual Diagnosis Awareness Track Leader: Ven S	2:00pm Making the Most of Your Time Track Leader: Robin H.	1:00pm Smiley Man Track Leader: Bonnie T.	
	2:00pm Poetry Track Leader: Bonnie T.	2:00pm Relationships Track Leader: Jaleesa C.	2:00pm Chaplain’s Corner Track Leader: Steve S.	3:00pm Benefits & Expenses of Loving a Cat Track Leader: Stephen C.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm How to Get Humana Insurance Gift Cards Track Leader: Stephen C.	3:00pm How to Say Goodbye to A Loved One Track Leader: Daniel H.	3:00pm Comedy Track Leader: Ven S.	<div>Participation Station is a Program of</div> <div> NAMI Lexington <small>National Alliance on Mental Illness</small> <i>"promoting recovery"</i></div>		

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NO NAMI CONNECTION GROUP HAPPY EASTER!!	10:00am Talking Exercise Music Track Leader: Kayla M.	10:00am Radio Station Reviews Track Leader: Daniel H	10:00am WRAP Track Leader: Robin R.	10:00am What's Important Track Leader: Don B.	10:00am Loving Earth Track Leader: Don B.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Beautiful Love Songs Track Leader: Robin H.	11:00am Mind Matters Track Leader: Terry G.	11:00am Owning Up to It Track Leader: Don B..	11:00am DBT Skills Track Leader: Makia A.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	1:00pm Listening to Mozart Track Leader: Jeramy H.	12:00pm Drumming Track Leaders: Arnedo & Patricia C.	12:00PM Lunch!	1:00pm Classical Music Track Leader: Jeramy H.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	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 Password 123456
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm Uno Track Leader: Bonnie T.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Dual Diagnosis Awareness Track Leader: Ven S.	2:00pm Spring Food Track Leader: Louise B.	1:00pm Live Love Laugh & Be Happy Track Leader: Steve S.	
	3:00pm How to Get Humana Insurance Gift Cards Track Leader: Stephen C.	2:00pm Famous Quotes Track Leader: Craig H.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm A Map to Your Heart Track Leader: Makia A.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	Participation Station Rocks!!	3:00pm Sports Fanatics Track Leader: Craig H. 7:30pm BIPOLAR (BD) SUPPORT GROUP ONLINE DON T.	3:00pm Comedy Track Leader: Ven S.		Participation Station is a Program of 	

Participation Station Monthly Tracks for Apr 13– Apr 19, 2025

Sunday

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

Monday

10:00am **Exercising, Talking & Music** – We will do some exercising, talking and then talk about finances

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.

12:00pm **Easter Colors** – We will do some crafting with Louise.

1:00pm **Easter Fun** – We will do some more crafting for the Easter holiday.

2:00pm **Poetry** – We will write and share some poetry

3:00pm **How to Get a Humana Insurance Gift Card** – We will talk about how to get a gift card from your insurance company.

Tuesday

10:00am **Radio Station Reviews** – We will talk about our favorite radio stations.

11:00am **Stop Taking Life For Granted** – We talked about appreciating our lives and not taking it for granted.

12:00pm **Drums Poetry Slam** – We will drum to relax.

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

2:00pm **Relationships** – We will talk about having healthy relationships.

3:00pm **How to Say Goodbye to a Loved One** – We will discuss how to deal with grief and how to say goodbye.

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 the book written by Joyce Meyers.
- 12:00pm** **Recovery & Mental Health** – We will talk about staying recovery dealing with our mental illness.
- 1:00pm** **Dual Diagnosis Awareness** – We will talk about Substance use and mental illness and how to deal with both issues at the same time
- 2:00pm** **Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.
- 3:00pm** **Comedy** – We will laugh and have some fun.

Thursday

- 10:00am** **What's Important** – We will talk about what is truly important in our lives.
- 11:00am** **Owning Up to It** – We will talk about ways to admit when we have made mistakes.
- 1:00pm** **Art of Understanding** – We will talk about the events in our lives.
- 2:00pm** **Making the Most of Your Time** – We will talk about how to not waste your time and how to make a schedule.
- 3:00pm** **The Benefits & Expenses of Loving a Cat** – We will talk about all the ins and outs of owning a cat.

Friday

- 10:00am** **Talking to Amanda Outside** – We will do some talking about everything outside at our picnic table (no smoking).
- 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** **Smiley Man** – We will play a game similar to hangman.
- 2:00pm** **Reading with Darcy** – We will continue reading Sherlock Holmes with Darcy

Saturday

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

Participation Station Monthly Tracks for Apr 20– Apr 26, 2025

Sunday

- 2:30pm** **No** NAMI Connection Support Group **TODAY** Happy Easter!!

Monday

- 10:00am** **Exercising, Talking & Music** – We will do some exercising, talking and then talk about finances
- 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** **Listening to Mozart** – We will relax while listening to Mozart music.
- 2:00pm** **Uno** – We will play the classic card game with Bonnie.
- 3:00pm** **How to Get a Humana Insurance Gift Card** – We will talk about how to get a gift card from your insurance company.

Tuesday

- 10:00am** **Radio Station Reviews** – We will talk about our favorite radio stations.
- 11:00am** **Beautiful Love Songs** – We will talk about our favorite love songs.

12:00pm **Drums Poetry Slam** – We will drum to relax.

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

2:00pm **Famous Quotes** – We will talk about famous quotes by people in history.

3:00pm **Sports Fanatics** – We will talk about our favorite sports and players.

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 the book written by Joyce Meyers.

1:00pm **Dual Diagnosis Awareness** – We will talk about Substance use and mental illness and how to deal with both issues at the same time

2:00pm **Chaplain's Corner** – We will spend some time with our Chaplain Steve S.

3:00pm **Comedy** – We will laugh and have some fun.

Thursday

10:00am **What's Important** – We will talk about what is truly important in our lives.

11:00am **Owning Up to It** – We will talk about ways to admit when we have made mistakes.

1:00pm **Listening to Classical Music** – We will listen to some classical music and relax.

2:00pm **Spring Food** – We will make a simple spring dish.

3:00pm **A Map to Our Heart** – We will talk about love and ways to love others.

FRIDAY

10:00am **Loving Earth** – We will discuss ways to care for the earth and not destroy it.

- 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** **Live Love Laugh and Be Happy** – We will talk about all the ways we can be happy.
- 2:00pm** **Reading w/Darcy** – We will read a book (Sherlock Holmes) with Darcy!

Saturday

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