



Virtual Tracks & In-Person (by day of the week)

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION GROUP ONLINE ONLY!	10:00am Talking with Jeramy Track Leader: Jeramy H.	10:00am Mental Health Recovery Track Leader: Mitch McC.	10:00am WRAP Track Leader: Robin R.	10:00am Radio Station Reviews Track Leader: Daniel H.	10:00am Exercise Track Leader: Kayla M.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY! 3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arnedo C.	11:00am Having Life Insurance Track Leader: Robin H.	11:00am Mind Matters Track Leader: Terry G.	11:00am Living Out Loud Track Leader: Don B.	11:00am DBT Skills Track Leader: Makia A.	
	12:00pm LUNCH! No Track	12:00pm Drumming Track Leaders: Arnedo C. & Patricia C.	12:00pm LUNCH! No Track	1:00pm Poetry Track Leader: Bonnie T.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	KY DERBY PARTY AT PARTICIPATION STATION! 6:00PM-7:30PM POTLUCK NAMI LEXINGTON PROVIDES FRIED CHICKEN PLEASE BRING A DISH TO SHARE! Don't Forget You Derby Hats!
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	1:00pm Price is Right DVD Game Track Leader: Michael B.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Civil Rights Track Leader: Steve S.	2:00pm Spring Cleaning Track Leader: Anne-Marie H.	1:00pm Stop Blaming Others Track Leader: Robin H.	
	2:00pm Art on a Black Chalk Square Track Leader: Louise B.	2:00pm Relationships Track Leader: Jaleesa C.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Examining Values Track Leader: Teresa R.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Navigating the Bus System Track Leader: Stephen C.	3:00pm Being Yourself Track Leader: Don B.	3:00pm Hearing Loss Track Leader: Ven S.	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 Participation Station is a Program of 		

May 4 – May 10, 2025

Virtual Tracks & In-Person (by day of the week)

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION GROUP ONLINE ONLY!	10:00am Meditation Track Leader: Jeramy H.	10:00am Art w/Mitch Track Leader: Mitch McC.	10:00am WRAP Track Leader: Robin R.	10:00am Radio Station Reviews Track Leader: Daniel H.	10:00am Exercise Track Leader: Kayla M.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arneda C.	11:00am Music & Art Track Leader: Amanda C.	11:00am Mind Matters Track Leader: Terry G.	11:00am Living Out Loud Track Leader: Don B.	11:00am DBT Skills Track Leader: Makia A.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	12:00pm LUNCH! No Track	12:00pm Drumming Track Leaders: Arneda & Patricia C.	12:00PM Lunch! No Track	1:00pm Uno Track Leader: Bonnie T.	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 Outburst Track Leader: Michael B.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Art of Understanding Track Leader: Anne-Marie H.	2:00pm Spring Cleaning Track Leader: Anne-Marie H.	1:00pm Outside with Amanda Track Leader: Amanda C.	
	2:00pm Making Good Decisions Track Leader: Makia A.	2:00pm What's Going On Track Leader: Don B.	2:00pm How's My Garden? Track Leader: Louise B.	3:00pm How to Be Happy Track Leader: Teresa R.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Navigating the Bus System Track Leader: Stephen C.	3:00pm Handling These Times Track Leader: Don B.	3:00pm Skin Disorders Track Leader: Ven S.		<div>Participation Station is a Program of</div> <div></div>	

Participation Station Monthly Tracks for Apr 27– May 3, 2025

Sunday

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

Monday

10:00am **Talking w/Jeramy** – We will have a fun conversation with Jeramy H.

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 **Price is Right DVD Game** – We will play a game based on the Price is Right that includes a DVD.

2:00pm **Art on a Back Chalk Square** – We will do some crafting on a black chalk square.

3:00pm **Navigating the Bus System** – We will discuss how to use the city bus system.

Tuesday

10:00am **Mental Health Recovery** – We will discuss how to stay in recovery.

11:00am **Having Life Insurance** – We will discuss ways to get life insurance and why it is important.

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 **Being Yourself** – We will discuss the importance of being yourself and not trying to be someone else.

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 Civil Rights** – Our Chaplain will talk about his experiences with civil rights in his travels in the past.
- 2:00pm Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.
- 3:00pm Hearing Loss** – Ven will talk about different forms of hearing loss and how to live with it.

Thursday

- 10:00am Radio Station Reviews** – We will talk about our favorite radio stations. **11:00am Owning Up to It** – We will talk about ways to admit when we have made mistakes.
- 11:00pm Living Out Loud** – We will talk about how to live your life to the fullest.
- 1:00pm Poetry** - We will write some poetry and share it with the group.
- 2:00pm Spring Cleaning** – We will talk about how to clean your surroundings in the new season.
- 3:00pm Examining Values** – We will talk about looking at you values and what they mean to you.

Friday

- 10:00am Exercise with Kayla** – We will do some fun and easy exercises.
- 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 Stop Blaming Others** – We will talk about taking responsibility for your actions and not blaming others for them.
- 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.

Saturday, May 3, 2025

KY Derby 151

6:00PM- 7:30PM

Kentucky Derby Party!!

Potluck!

NAMI Lexington

will provide fried chicken

We ask that you bring a dish to share.

Lots of fun watching the Derby together.

Don't forget your Derby Hats!

Participation Station Monthly Tracks for May 4 – May 10, 2025

Sunday

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

Monday

- 10:00am** **Meditation** – We will do a relaxing and soothing mediation.
- 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** **Making Good Decisions** – We will talk about how to think about decisions before you make them.
- 3:00pm** **Navigating the Bus System** – We will discuss how to use the city bus system.

Tuesday

- 10:00am** **Art with Mitch** – We will do some artwork with Mitch McC!
- 11:00am** **Music & Art with Amanda** – We will have some fun listening to music and doing some art with Amanda C.
- 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** **What's Going On** – We will talk about current events.
- 3:00pm** **Handling These Times** – We will talk about what's going on in the world.

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** **Art of Understanding** – We will talk about life goals.
- 2:00pm** **How's My Garden?** - We will go play in the dirt in our garden.
- 3:00pm** **Skin Disorders** – We will talk about Ven's personal story and other kinds of skin diseases.

Thursday

- 10:00am** **Radio Station Reviews** – We will talk about our favorite radio stations.
- 11:00am** **Living Out Loud** – We will talk about how to live your life to the fullest
- 1:00pm** **Uno** – We will play the classic card game with Bonnie.
- 2:00pm** **Relationships** – We will talk about having healthy relationships.
- 3:00pm** **How to Be Happy** – We will talk about happiness.

FRIDAY

- 10:00am** **Exercise with Kayla** – We will do some fun and easy exercises.
- 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** **Talking to Amanda Outside** – We will do some talking about everything outside at our picnic table (no smoking).
- 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.