



Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION GROUP ONLINE ONLY!	10:00am Talk About Pets Track Leader: Kuan K.	10:00am Poetry Track Leader: Bonnie T.	10:00am WRAP Track Leader: Arnedo C.	10:00am Having Manners in Public Places Track Leader: Amanda C.	10:00am Grief Worksheets Track Leader: Amanda C.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Advanced Directives Track Leader: Bonnie T.	11:00am World Religion Track Leader: Steve S.	11:00am Living Well in Recovery Track Leader: Don T.	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: Arnedo C. & Patricia C.	12:00pm LUNCH! No Track	1:00pm Ways to Stay in Recovery Track Leader: Kuan K.	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 From Passive/Aggressive to Assertive Track Leader: Ashley C.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Planting By New Moon Track Leader: Louise B.	2:00pm Show Your 2nd Hand Store Deals Track Leader: Michael B.	1:00pm Art of Understanding Track Leader: Anne-Marie H.	
	2:00pm World Religions Track Leader: Steve S.	2:00pm Taking Care of Your Smart Phone Track Leader: Daniel H.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Dual Diagnosis Awareness Track Leader: Ven S.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Finding Similarities in Others Track Leader: Ven S.	3:00pm 5 Love Languages Track Leader: Teresa L.	3:00pm Dealing with Grief Track Leader: Stephen C.	<div>Participation Station is a Program of</div> <div> NAMI Lexington <small>National Alliance on Mental Illness</small> <i>"promoting recovery"</i></div>		

June 29 – July 5, 2025

Tracks & In-Person (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 Grief Worksheets Track Leader: Amanda C.	10:00am Summer Salad Ingredients Track Leader: Louise B.	10:00am WRAP Track Leader: Robin R.	10:00am Different Jobs You've Had Track Leader: Mitch McC	Happy July 4th!! Open 10:00am-4:00pm	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Reflection of Your Wellbeing Track Leader: Robin H.	11:00am Mind Matters Track Leader: Terry G.	11:00am Living Well in Recovery Track Leader: Don T.	No Scheduled Tracks	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	12:00pm LUNCH! No Track	12:00pm Drumming Track Leaders: Arnedo & Patricia C.	12:00PM Lunch! No Track	1:00pm Taking Care of Your Heart Track Leader: Robin H.	Possible Field Trip Downtown to 4th of July Festivities	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 From Passive/Aggressive to Assertive Track Leader: Ashley C.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Art of Understanding Track Leader: Anne-Marie H.	2:00pm Talking About Your Dreams Track Leader: Megan J.	Depending on Transportation More Information TBA	
	2:00pm World Religions Track Leader: Steve S.	2:00pm Outburst Track Leader: Michael B.	2:00pm Dental Health Track Leader: Michael B.	3:00pm Planning Your Estate Track Leader: Makia A.	Have a Safe & Happy 4th of July!!	
	3:00pm Talking to Your Provider Track Leader: Makia A.	3:00pm Taking Care of Your Smart Phone Track Leader: Daniel H.	3:00pm Dealing with Finances in the Summer Track Leader: Stephen C.			
<div>Participation Station is a Program of</div> <div> NAMI Lexington <small>National Alliance on Mental Illness</small> <i>"promoting recovery"</i></div>						

Participation Station Monthly Tracks for June 22– June 28, 2025

Sunday

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

Monday

10:00am **Talk About Pets** – We will talk about our favorite pets.

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 **From Passive/Aggressive to Assertive** – How tell people what you want without being mean about it.

2:00pm **World Religions** – We will talk about different religions around the world.

3:00pm **Finding Similarities in others** – We will talk about ways that we are alike.

Tuesday

10:00am **Poetry** – We will write some poetry and share it with the group.

11:00am **Advanced Directive** – We will talk about filling out and advanced directive for mental health that tells what our wishes are when we are hospitalized.

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 **Taking Care of Your Smart Phone** – We will talk about ways to care for your cell phone.

3:00pm **Five Love Languages** – We will talk about the five ways of loving others.

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** **World Religions** – We will talk about different religions around the world.
- 1:00pm** **Planting by the New Moon** – We will look at the Farmer's Almanac when it's a good time to plant things.
- 2:00pm** **Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.
- 3:00pm** **Dealing with Grief** – We will talk about ways to handle grief.

Thursday

- 10:00am** **Having Manners in Public Places** – We will talk about being proper while in public.
- 11:00pm** **Living Well in Recovery** – We will talk about how to stay in recovery.
- 1:00pm** **Ways to Stay in Recovery** – We will talk about how to take your meds, talk to your doctor and ways to stay in recovery.
- 2:00pm** **Show Your 2nd Hand Store Deals** – We will talk about finding cool stuff at 2nd hand stores.
- 3:00pm** **Dual Diagnosis Awareness** – We will talk about having dual diagnosis issues.

Friday

- 10:00am** **Grief Worksheets** – We will go over a worksheet that talks about grief.
- 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** **Art of Understanding** – We will talk about how to interact with others.
- 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.

Participation Station Monthly Tracks for June 29 – July 5, 2025

Sunday

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

Monday

- 10:00am** **Grief Worksheets** – We will go over a worksheet that talks about grief.
- 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** **From Passive/Aggressive to Assertive** – How tell people what you want without being mean about it.
- 2:00pm** **World Religions** – We will talk about different religions around the world
- 3:00pm** **Talking to Your Provider** – We will discuss ways to talk to your doctor or therapist.

Tuesday

- 10:00am** **Summer Salad Ingredients** – We will share recipes for salads.
- 11:00am** **Reflections of Your Well Being** – We will talk about who you really are and what your life is really about.
- 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** **Outburst** – We will play a fun game with Mikey B.!

3:00pm **Taking Care of Your Smart Phone** – We will talk about ways to care for your cell phone.

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 understanding ourselves and the world around us.

2:00pm **Dental Health** – We will talk about how to take care of your teeth.

3:00pm **Dealing with Your Finances in the Summer** – We will discuss how to manage your air conditioning bills in the summertime.

Thursday

10:00am **Different Jobs You've Had** – We will talk about different jobs we've had in the past.

11:00am **Uno** – We will play a fun game with Chrissy.

1:00pm **Taking Care of Your Heart** – We will talk about how to take care of your heart.

2:00pm **Talking about Our Dreams** – We will share our dreams that we dream at night with each other.

3:00pm **Planning Your Estate** – We will talk about what to do with your belongings after you die.

FRIDAY

Happy 4th of July!!
We will be OPEN 10:00am-4:00pm
No Scheduled Tracks
We may have a possible field trip
to downtown Lexington to enjoy the city's festivities
More information TBA

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.