



Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>2:30PM</b> <b>NAMI</b> <b>CONNECTION</b> <b>GROUP</b> <b>ONLINE ONLY!</b>	10:00am <b>Daily Affirmations</b> Track Leader: Amanda C.	10:00am <b>How to Avoid Dating Scams</b> Track Leader: Daniel H.	10:00am <b>WRAP</b> Track Leader: Arnedo C.	10:00am <b>How to Make Better Decisions</b> Track Leader: Robin H.	10:00am <b>Making A Doable Bucket List</b> Track Leader: Lisa R.	<b>10:00AM</b> <b>ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>Stop Talking &amp; Be a Good Listener</b> Track Leader: Robin H.	11:00am <b>Mind Matters</b> Track Leader: Terry G.	11:00am <b>Living Well in Recovery</b> Track Leader: Don T.	11:00am <b>DBT Skills</b> Track Leader: Makia A	<b>3:00PM</b> <b>SCHIZOPHRENIA ALLIANCE GROUP</b> <b>ONLINE &amp; IN-PERSON</b>
	12:00pm <b>Lunch</b> <b>No Track</b>	12:00pm <b>Drumming</b> Track Leaders: Arnedo C. & Patricia C.	12:00pm <b>LUNCH!</b> <b>No Track</b>	1:00pm <b>Telling Stories</b> Track Leader: Louise B.	12:00pm <b>Writing Well w/Chrissy</b> Track Leader: Chrissy J.	If you don't have internet access but want to join by phone just call <b>(929) 205-6099</b> and enter the <b>Meeting ID</b> when prompted. <b>Meeting ID</b> for each is <b>893 8312 6273</b> Password <b>123456</b>
<b>Green Tracks</b> are permanent Tracks.  <b>Purple Tracks</b> are Support Groups	1:00pm <b>Dealing w/the Death of an Elderly Parent</b> Track Leader: Stephen C.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Art of Understanding</b> Track Leader: Anne-Marie H.	2:00pm <b>Summertime Fun</b> Track Leader: Megan J.	1:00pm <b>Van Halen</b> Track Leader: Mike G.	
	2:00pm <b>Outburst</b> Track Leader: Michael B.	2:00pm <b>Comedy Corner</b> Track Leader: Michael B.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>Current Events</b> Track Leader: Don T.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	3:00pm <b>Taking Care of Pets in the Heat</b> Track Leader: Stephen C.	3:00pm <b>5 Love Languages</b> Track Leader: Teresa L.	3:00pm <b>Growing Where You're Planted</b> Track Leader: Teresa L.	Participation Station is a Program of 		

# July 13 – July 19, 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 Daily Affirmations Track Leader: Amanda C.	10:00am How to Take Care of Your Family Track Leader: Daniel H.	10:00am WRAP Track Leader: Robin R.	10:00am Being Old! Track Leader: Louise B.	10:00am Focusing on Positivity Track Leader: Lisa R.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Art w/Mitch Track Leader: Mitch McC	11:00am Mind Matters Track Leader: Terry G.	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 & Patricia C.	12:00PM Lunch! No Track	1:00pm Bingo! Track Leader: Patricia C.	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 Pictionary Track Leader: Amanda C.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Safety Track Leader: Anne-Marie H.	2:00pm Relationships Track Leader: Jaleesa C.	1:00pm DBT Skills Track Leader: Makia A.	
	2:00pm Talking to Your Provider Part 2 Track Leader: Makia A.	2:00pm Price is Right DVD In Person Only Track Leader: Michael B.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm World Religions Track Leader: Steve S.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Taking Care of Pets in the Heat Track Leader: Stephen C.	3:00pm 5 Love Languages Track Leader: Teresa L.	3:00pm Rock Music Reviews Track Leader: Daniel H.		Participation Station is a Program of 	

## Participation Station Monthly Tracks for July 6– July 12, 2025

### Sunday

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

### Monday

**10:00am**     **Daily Affirmations** – We will talk about having positive thoughts every day.

**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**     **Dealing with the Death of an Elderly Parent** – We will talk about how to handle grief and loss of a parent.

**2:00pm**     **Outburst** – We will play a fun game with Mikey B.!

**3:00pm**     **Taking Care of Pets in the Heat** – We will discuss how to make sure your pets are safe in the summertime heat.

### Tuesday

**10:00am**     **How to Avoid Dating Scams** – We will talk about how to avoid catfishing and being scammed online.

**11:00am**     **Stop Talking & Being a Good Listener** – We will talk about how to listen and really pay attention to what others are saying.

**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**     **Comedy Corner** – We will hear and tell jokes with Mikey B.

**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**     **Art of Understanding** – We will talk about how to interact with others.
- 2:00pm**     **Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.
- 3:00pm**     **Grow Where You're Planted** – We will talk about personal growth with in yourself.

### Thursday

- 10:00am**     **How to Make Better Decisions** – We will talk about how to make better decisions in your life.
- 11:00pm**     **Living Well in Recovery** – We will talk about how to stay in recovery.
- 1:00pm**     **Telling Stories** – We will talk about stories we like to tell others or that we have written about.
- 2:00pm**     **Summertime Fun** – We will talk about some of our favorite things to do in the summer months.
- 3:00pm**     **Current Events** – We will talk about what's going on in the world right now.

### Friday

- 10:00am**     **Making Doable Bucket List** – We will talk about things we would like to do before we die.
- 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**     **Van Halen** – Mike G, our new Track Leader, will share his love for the group, Van Halen!
- 2:00pm**     **Reading w/Darcy** – We will read a book (Sherlock Holmes) with Darcy!

## Saturday

- 10:00am**     **Anxiety Support Group 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 July 13 – July 19, 2025

### Sunday

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

### Monday

- 10:00am**     **Daily Affirmations** – We will talk about having positive thoughts every day.
- 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**     **Pictionary** – We will play the fun game of drawing guessing.
- 2:00pm**     **Talking to Your Providers Part 2** – We will keep talking about the best ways to talk to your doctors and treatment team about your mental health.
- 3:00pm**     **Taking Care of Pets in the Heat** – We will discuss how to make sure your pets are safe in the summertime heat.

### Tuesday

- 10:00am**     **How to Take Care of Your Family** – We will discuss how to care for your family members.
- 11:00am**     **Artwork with Mitch McC** – We will get creative with Mitch McC.
- 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**      **Price is Right DVD In Person** – We will play a classic TV game with Michael B that is In-person only!

**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**      **Mind Matters** – We will talk about the book written by Joyce Meyers.

**1:00pm**      **Safety** – We will talk about how to be safe in the community.

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

**3:00pm**      **Rock Music Reviews** – We will talk about our favorite and most disliked rock songs.

### Thursday

**10:00am**      **Being Old!** – We will talk about the challenges and good things about aging and getting older.

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

**1:00pm**      **Bingo!** - We will play the fun game with Patricia!

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

**3:00pm**      **World Religions** – We will talk about different religions around the world

### FRIDAY

**10:00am**      **Focusing on Positivity** – We will talk about how to have a positive attitude in life.

**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**      **DBT Skills** – We will learn about a specific DBT skill.
- 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.