

# Aug 31 – Sept 6, 2025

## Virtual 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
<b>2:30PM</b> <b>NAMI</b> <b>CONNECTION</b> <b>GROUP</b> <b>ONLINE ONLY!</b>	<b>OPEN</b> <b>10:00am-2:00pm</b>  <b>Labor Day!</b>	10:00am <b>Forgiveness</b> Track Leader: Lisa R.	10:00am <b>WRAP</b> Track Leader: Robin R.	<b>10:00am</b> <b>Name That Tune</b> Track Leader: Michael B.	10:00am <b>Philosophy</b> Track Leader: Daniel H.	<b>10:00AM</b> <b>ANXIETY SUPPORT</b> <b>GROUP</b> <b>ONLINE ONLY!</b>
	<b>Happy Labor Day!</b>  <b>NO TRACKS</b>	11:00am <b>Stop Complaining</b> <b>About Little Things</b> Track Leader: Robin H.	11:00am <b>Chaplain's Corner</b> Track Leader: Steve S.	11:00am <b>Importance of Events</b> <b>on Mood Disorders</b> Track Leader: Don T.	11:00am <b>DBT Skills</b> Track Leader: Makia A	<b>3:00PM</b> <b>SCHIZOPHRENIA</b> <b>ALLIANCE GROUP</b> <b>***NEW***</b> <b>IN-PERSON ONLY!</b>
	<b>Come Hang Out</b> <b>w/Teresa L.</b> <b>Our APSS Staff</b> <b>Member!</b>  <b>No Tracks!</b>	12:00pm <b>Drumming</b> Track Leaders: Arneda C. & Patricia C.	12:00pm  <b>LUNCH!</b> <b>No Track</b>	1:00pm <b>What I've Learned</b> <b>About Anxiety</b> Track Leader: Ashley C.	12:00pm <b>Writing Well</b> <b>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> <b>Password 123456</b>
<b>Green Tracks</b> are permanent Tracks.  <b>Purple</b> <b>Tracks</b> are Support Groups	<b>Come Hang Out with Us!</b>	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Mind Matters</b> Track Leader: Terry G.	2:00pm <b>Time Management</b> Track Leader: Ven S.	1:00pm <b>Talking w/Kayla</b> Track Leader: Kayla M.	
	<b>OPEN</b> <b>10am-2pm</b>	2:00pm <b>Self-Care</b> Track Leader: Heather T.	2:00pm <b>World Religions</b> Track Leader: Steve S.	3:00pm <b>Avoiding Trouble</b> <b>When Manic</b> Track Leader: Stephen C.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	<b>NO Scheduled Tracks!</b> <b>Maybe Bring a Snack</b> <b>to Share?</b>	3:00pm <b>Advanced Directives</b> Track Leader: Bonnie T.	3:00pm <b>Meditation 1</b> Track Leader: Elijah H.		3:00pm <b>Mindful Keepy Uppy</b> <b>Special Track</b> <b>Leader:</b> <b>Justice Joseph!!</b>	<div>Participation Station is a Program of</div>  <div><b>NAMI Lexington</b> "promoting recovery"</div>



# Sept 7 – Sept 13, 2025

## Virtual 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
<b>2:30PM</b> <b>NAMI CONNECTION GROUP</b> <b>ONLINE ONLY!</b>	10:00am <b>Open Art</b> Track Leader: Louise B.	10:00am <b>Spelling Bee</b> Track Leader: Teresa L.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>PS Scrapbooking</b> Track Leader: Louise B.	10:00am <b>Philosophy</b> Track Leader: Daniel H.	<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>Art w/Mitch</b> Track Leader: Mitch Mc.	11:00am <b>Controlling Your Mood Swings</b> Track Leader: Robin H.	11:00am <b>Importance of Events on Mood Disorders</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>***NEW***</b> <b>IN-PERSON ONLY!</b>
	12:00pm <b>FREE NARCAN Training</b> With Scott Luallen <b>Groundskeeping w/Jon</b>	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia C.	12:00PM <b>Lunch!</b> <b>No Track</b>	1:00pm <b>Art of Understanding</b> Track Leader: Anne-Marie H.	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>Outburst</b> Track Leader: Michael B.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Mind Matters</b> Track Leader: Terry G.	2:00pm <b>Halloween Festivities</b> Track Leader: Megan J.	1:00pm <b>Talking w/Kayla</b> Track Leader: Kayla M.	
	2:00pm <b>Mindfulness</b> Track Leader: Ashley C.	2:00pm <b>Relationships</b> Track Leader: Jaleesa C.	2:00pm <b>Art of Understanding</b> Track Leader: Anne-Marie H.	3:00pm <b>Avoiding Trouble When Manic</b> Track Leader: Stephen C.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	3:00pm <b>Meditation 2</b> Track Leader: Elijah H.	3:00pm <b>Uno</b> Track Leader: Bonnie T.	3:00pm <b>Trivia</b> Track Leader: Heather T.		Participation Station is a Program of 	

## Participation Station Monthly Tracks for August 31– Sept 6, 2025

### Sunday

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

### Monday

**10:00am-2:00pm**

**OPEN**

**NO TRACKS**

**Come HANG OUT with us!**

**Teresa L., APSS will be here**

**Bring a snack to share!**

### Tuesday

**10:00am**     **Forgiveness** – We will talk about the importance of forgiving people not for them but for yourself.

**11:00am**     **Stop Complaining about Little Things** – We will discuss how not to get upset about little things.

**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**     **Self-Care** – We will talk about how to take care of ourselves.

**3:00pm**     **Advanced Directives** – We will learn how to fill out a form to give your wishes if you are hospitalized.

### 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**     **Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.

**1:00pm**     **Mind Matters** – We will talk about the book written by Joyce Meyers.

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

**3:00pm**      **Meditation 1** – We will do a simple meditation.

### Thursday

**10:00am**      **Name That Tune** – We will play a fun game of guessing songs.

**11:00pm**      **Importance of Events on Mood Disorders** – We will talk about how world events can affect having mood disorders

**1:00pm**      **What I've Learned About Anxiety** – We will talk about what we have learned over the years about how to handle anxiety.

**2:00pm**      **Time Management** – We will talk about how to use our time wisely.

**3:00pm**      **Avoiding Trouble when Manic** – We will discuss how to keep safe and sound when having a manic episode.

### Friday

**10:00am**      **Philosophy** – We will talk about different beliefs and thoughts.

**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 w/Kayla** – We will talk about fun things and share jokes and have fun.

**2:00pm**      **Reading w/Darcy** – We will read a book (Sherlock Holmes) with Darcy!

**3:00pm**      **Mindful Keepy Uppy** – With Special Guest Track Leader- **Justice Joseph** – We will play a fun game of mindfulness with our favorite 7 year old NAMI member!!

### 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 IN-PERSON ONLY!** This group is for folks dealing with schizophrenia and related disorders.

### Participation Station Monthly Tracks for Sept 7 – Sept 13, 2025

#### Sunday

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

#### Monday

- 10:00am**     **Open Art** – We will go in the art room and have some free time to do any art that you want.
- 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**     **Special Guest!** FREE NARCAN Training w/Scott Luallen – Learn how and when to use Narcan in a opioid overdose situation.
- 12:00pm**     **Groundskeeping with Jon** – Join our NEW **Groundskeeper Jon T** to work in the dirt and keep Participation Station's Garden and outside yard looking beautiful! He will be working in the yard every week at noon if you want to join him!
- 1:00pm**     **Outburst** – We will play the fun board game with Michael B.
- 2:00pm**     **Mindfulness** – We will do some mindfulness exercises.
- 3:00pm**     **Meditation 2** – We will continue to do some relaxing meditation.

#### Tuesday

- 10:00am**     **Spelling Bee** – We will play a spelling game.
- 11:00am**     **Art w/Mitch** – We will do some artwork 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**     **Relationships** – We will talk about healthy relationships.
- 3:00pm**     **Uno** – We will play the classic and fun card game.

### 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**     **Controlling Your Mood Swings** – We will talk about mood swings and how to keep them in check.
- 1:00pm**     **Mind Matters** – We will talk about the book written by Joyce Meyers.
- 2:00pm**     **Art of Understanding** – We will talk about the way we understand each other.
- 3:00pm**     **Trivia** – We will play a fun guessing game.

### Thursday

- 10:00am**     **PS Scrapbooking** – We will start working on a scrapbook for Participation Station.
- 11:00am**     **Importance of Events on Mood Disorders** – We will talk about how world events can affect having mood disorders
- 1:00pm**     **Art of Understanding** – We will talk about the way we understand each other.
- 2:00pm**     **Halloween Festivities** – We will talk about Halloween and the fun things that you can do during the holiday.
- 3:00pm**     **Avoiding Trouble when Manic** – We will discuss how to keep safe and sound when having a manic episode.

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