



Sept 14 – Sept 20, 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
2:30PM NAMI CONNECTION GROUP ONLINE ONLY!	10:00am Sewing Tips Track Leader: Hannah S.	10:00am How to Care for Yourself Track Leader: Daniel H.	10:00am WRAP Track Leader: Robin R.	10:00am Forgiveness of Ourselves Track Leader: Lisa R.	10:00am Quit Making Excuses Track Leader: Robin H.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY! <hr/> 3:00PM SCHIZOPHRENIA ALLIANCE GROUP ***NEW*** IN-PERSON ONLY!
	11:00am WRAP Track Leader: Arneda C.	11:00am Being Prepared for the Future Track Leader: Robin H.	11:00am Chaplain's Corner Track Leader: Steve S.	11:00am Importance of Events on Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A	
	12:00pm Groundskeeping w/Jon	12:00pm Drumming Track Leaders: Arneda C. & Patricia C.	12:00pm LUNCH! No Track	1:00pm Budgeting 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 Talking w/Kayla Track Leader: Kayla M.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Mind Matters Track Leader: Terry G.	2:00pm Coping with Voices & Negative Thoughts Track Leader: Stephen C.	1:00pm Exercise, Talking, Music Track Leader: Kayla M.	
	2:00pm Advanced Directives Track Leader: Bonnie T.	2:00pm Relationships Track Leader: Jaleesa C.	2:00pm Meditation 1 Track Leader: Elijah H.	3:00pm Time Management Track Leader: Ven S.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Proper Way to Deal with Crisis Track Leader: Stephen C.	3:00pm Grow Where You're Planted Track Leader: Teresa L.	3:00pm Dual Diagnosis Awareness Track Leader: Ven S.			Participation Station is a Program of  <i>"promoting recovery"</i>



Sept 21 – Sept 27, 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
2:30PM NAMI CONNECTION GROUP ONLINE ONLY!	10:00am What Do You Like to Read? Track Leader: Hannah S.	10:00am Cooking Safety with Annie Track Leader: Annie J.	10:00am WRAP Track Leader: Robin R.	10:00am PS Scrapbooking Track Leader: Louise B.	10:00am Preparing for Winter Track Leader: Stephen C.	10:00AM ANXIETY SUPPORT GROUP ONLINE ONLY!
	11:00am WRAP Track Leader: Arnedo C.	11:00am Past Employment Track Leader: Mitch McC.	11:00am Recovery Track Leader: Mitch McC.	11:00am Importance of Events on Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ***NEW*** IN-PERSON ONLY!
	12:00pm Groundskeeping w/Jon	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 Fun with Fall Colors Track Leader: Louise B.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Mind Matters Track Leader: Terry G.	2:00pm Spanish Track Leader: Jaleesa C.	1:00pm Coloring Track Leader: Chrissy J.	
	2:00pm Meditation 2 Track Leader: Elijah H.	2:00pm Uno Track Leader: Bonnie T.	2:00pm Art of Understanding Track Leader: Anne-Marie H.	3:00pm Stretching & Chair Exercises Track Leader: Louise B.	2:00pm Reading with Darcy Track Leader: Darcy L.	
	3:00pm Proper Way to Deal with Crisis Track Leader: Stephen C.	3:00pm All About the Weather Track Leader: Teresa L.	3:00pm 5 Love Languages Track Leader: Teresa L.		Participation Station is a Program of 	

Participation Station Monthly Tracks for September 14– September 20, 2025

Sunday

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

Monday

10:00am **Sewing Tips** – We will learn some basic sewing stitches.

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 **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 **Talking with Kayla** – We will have some fun just talking with each other about lots of topics.

2:00pm **Advanced Directives** – We will learn how to fill out a form that tells what your wishes are if you must be in the hospital.

3:00pm **Proper Way to Deal with Crisis** – We will talk about how to deal with a crisis situation.

Tuesday

10:00am **How to Care for Yourself** – We will talk about ways that you can take care of yourself.

11:00am **Being Prepared for the Future** – We will talk about how to look toward the future and make plans for your future life.

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 how to create healthy relationships.

3:00pm **Grow Where You're Planted** – We will talk about how to grow in your personal mental health and your social life.

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** **Meditation 1** – We will do a simple meditation
- 3:00pm** **Dual Diagnosis Awareness** – We will talk all about having a mental illness and substance use issues.

Thursday

- 10:00am** **Forgiveness of Ourselves** – We will talk about the importance of forgiving ourselves first.
- 11:00pm** **Importance of Events on Mood Disorders** – We will talk about how world events can affect having mood disorders
- 1:00pm** **Budgeting** – We will talk about how to manage your money.
- 2:00pm** **Coping with Voices and Negative Thoughts** – We will talk about how to deal with symptoms of hearing voices and negative thoughts and how to with them.
- 3:00pm** **Time Management** – We will talk about the best ways to use our time.

Friday

- 10:00am** **Quit Making Excuses** – We will discuss ways to stop putting things off and doing what you need to do 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** **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!

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 September 21 – September 27, 2025

Sunday

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

Monday

- 10:00am** **What Do You Like to Read?** – We will talk about our favorite books and magazines..
- 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** **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** **Fun with Fall Colors** – We will do some art for fall.
- 2:00pm** **Meditation 2** – We will continue to do some relaxing meditation.
- 3:00pm** **Proper Way to Deal with Crisis** – We will talk about how to deal with a crisis situation.

Tuesday

- 10:00am** **Cooking Safety with Annie** – We will talk about how to be safe when using a oven or microwave, or knife with cooking.
- 11:00am** **Past Employment** – We will talk about our favorite jobs we have had in the past.
- 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** **Uno** – We will play the classic and fun card game.
- 3:00pm** **All About the Weather** – We will talk about all the different seasons and what we like about each one.

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** **Recovery** – We will talk about how to stay in recovery when living with a mental illness.
- 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** **5 Love Languages** – We will talk about how to love each other.

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** **Bingo!** – We will play a fun game of Bingo.
- 2:00pm** **Spanish** – We will learn some basic Spanish words and phrases.
- 3:00pm** **Stretching & Chair Exercising** – We will do some basic and easy exercising.

FRIDAY

- 10:00am** **Preparing for Winter** – We will talk about what it takes to get ready for the colder months coming up.
- 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** **Coloring** – We will do some coloring for relaxation.
- 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.
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