


July 7 – July 13, 2024

Virtual Tracks (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 SUPPORT GROUP ONLINE IN-PERSON	10:00am Dealing w/Extreme Heat Track Leader: Stephen C.	10:00am Learning Spanish Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Respecting Others Track Leader: Daniel H.	10:00am Coping w/PTSD Track Leader: Barb K.	10:00AM ANXIETY SUPPORT GROUP 3:00PM SCHIZOPHRENIA ALLIANCE GROUP BOTH ONLINE & IN-PERSON
	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 with Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A.	
	1:00pm Relaxing Calming Art Track Leader: Louise B.	12:00pm LUNCH!	12:00pm Double Trouble in Recovery Track Leaders: Jean L. & Terry G.	1:00pm Living w/Autism Track Leader: Daniel H.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm Writing w/Linda Track Leader: Linda G.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Benefits of Karaoke Track Leader: Michael B.	2:00pm Personal Hygiene Track Leader: Linda G.	1:00pm Music Dance Poetry Talking Track Leaders: Amanda C. & Kayla M.	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
	3:00pm Outburst Track Leader: Teresa L.	2:00pm Drums Poetry Slam Track Leader: Anne-Marie H.	2:00pm Music Dance Poetry Talking Track Leaders: Amanda C. & Kayla M.	3:00pm Music Trivia Track Leader: Teresa L.	2:00pm Shut Up Mikey!! Track Leader: Michael B.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Uno Track Leader: Bonnie T.	3:00pm LGBTQIA+ Support Track Leader: Rebel B.	Participation Station is a Program of 		

July 14 – July 20, 2024

Virtual Tracks (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 & IN-PERSON	10:00am Dealing w/Extreme Heat Track Leader: Stephen C.	10:00am Learning Spanish Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Taking Care of Electronics Track Leader: Stephen C.	10:00am Coping w/PTSD Track Leader: Barb K.	10:00AM ANXIETY SUPPORT GROUP ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arnedo C.	11:00am Staying Out of Trouble Track Leader: Robin H.	11:00am Dancing to the Oldies Track Leader: Linda G.	11:00am Living Well with Mood Disorders Track Leader: Don T.	11:00am DBT Skills Track Leader: Makia A.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	1:00pm Fairy Tales Track Leader: Louise B.	12:00pm LUNCH!	12:00PM Surprise Special Speaker with Robin R.	1:00pm Spirit Realm Track Leader: Anne-Marie H.	12:00pm Writing Well w/Chrissy Track Leader: Chrissy J.	
Green Tracks are permanent Tracks. Purple Tracks are Support Groups	2:00pm Spelling Bee Track Leader: Teresa L.	1:00pm Bipolar Express Track Leader: David H.	1:00pm TV Show Info Track Leader: Michael B.	2:00pm Maintaining Your Apartment Track Leader: Stephen C.	1:00pm Watch Your Language Track Leader: Robin H.	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
	3:00pm Smiley Man Track Leader: Bonnie T.	2:00pm Drum Poetry Slam Track Leader: Anne-Marie H.	2:00pm Music Dance Poetry Talking Track Leaders: Amanda C. & Kayla M.	3:00pm Caring for an Elderly Parent Track Leader: Stephen C.	2:00pm Coping w/COPD Track Leader: Robin H.	
	7:30pm DEPRESSION/BIPOLAR SUPPORT GROUP ONLINE ONLY GROUP LEADER DON T.	3:00pm Collages Track Leader: Bonnie T.	3:00pm LGBTQAI+ Support Track Leader: Rebel B.			
Participation Station is a Program of						

Participation Station Monthly Tracks for July 7 – July 13, 2024

Sunday

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

Monday

10:00am **Dealing with Extreme Heat** – We will talk about how to be safe when it is hot outside.

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 **Relaxing Calming Art** – We will relax while doing some art

2:00pm **Writing w/Linda** – We will do some creative writing..

3:00pm **Outburst** – We will play the fun board game.

Tuesday

10:00am **Learning Spanish** – We will learn to speak Spanish.

11:00am **Art w/Mitch** – We will do some artwork w/Mitch McC.

1:00pm **Bipolar Express** – We will talk about how to live with bipolar disorder and how to manage the symptoms.

2:00pm **Drum Poetry Slam** - We will drum to relax and have fun.

3:00pm **Uno** – We will play the classic 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** **Mind Matters** – We will talk about challenging you mind to stay positive working with Joyce Meyers book
- 12:00pm** **Double Trouble in Recovery** – This is a support group for those with Substance Use and Mental Illness.
- 1:00pm** **The Benefits of Karaoke** – How having fun singing makes you feel good.
- 2:00pm** **Music Dance Poetry Talking** – We will have fun together.
- 3:00pm** **LGBTQAI+ Support** – LGBTQAI+ support group

Thursday

- 10:00am** **Respecting Others** – We will talk about how to be friendly to other people.
- 11:00am** **Living Well with Mood Disorders** – We discuss how to live with bipolar depression.
- 1:00pm** **Living w/Autism** – We will talk about what it's like to have Autism.
- 2:00pm** **Personal Hygiene** – We will talk about how to keep your body clean.
- 3:00pm** **Music Trivia** – We will play a fun trivia game.

FRIDAY

- 10:00am** **Coping w/PTSD** – We will talk about post-traumatic stress disorder..
- 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** **Music Dance Poetry Talking** – We will have fun together.
- 2:00pm** **Shut Up Mikey!!** - We will have fun with Michael B's track. Come check it out for more info.

Saturday

10:00am **Anxiety Support Group** – We will talk about how to deal with anxiety and learn how to manage it on a daily basis.

3:00pm **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.

Participation Station Monthly Tracks for July 14 – July 20, 2024

Sunday

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

Monday

10:00am **Dealing with Extreme Heat** – We will talk about how to be safe when it is hot outside.

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 **Fairy Tales** – We will have fun with Louise B!

2:00pm **Spelling Bee** – We will play a spelling game.

3:00pm **Smiley Man**- We will play a game like hangman.

Tuesday

10:00am **Learning Spanish** – We will learn to speak Spanish.

11:00am **Staying Out of Trouble** – We will talk about having a good life without getting in trouble.

1:00pm **Bipolar Express** – We will talk about bipolar disorder and how to live and deal with its symptoms.

2:00pm **Drum Poetry Slam** - We will drum to relax and have fun.

3:00pm **Collages** – We will do some art and express feelings.

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 **Dancing to the Oldies** – We will have fun listening to music and maybe doing some dancing.

12:00pm **Double Trouble in Recovery** – This is a support group for those with Substance Use and Mental Illness.

12:00pm **Surprise Speaker**

1:00pm **TV Show Info** – We will talk about our favorite TV shows.

2:00pm **Music Dance Poetry Talking** – We will have fun together

3:00pm **LGBTQAI+ Support** – LGBTQAI+ support group

Thursday

10:00am **Taking Care of Electronics** – We will discuss how to keep your electronics in working order.

11:00am **Living Well with Mood Disorders** – We discuss how to live with bipolar depression.

1:00pm **Spirit Realm** – Come see what this track is all about.

2:00pm **Maintaining Your Apartment** – How to keep your apartment clean and organized.

3:00pm **Caring for an Elderly Parent** – We will learn how to be a caregiver to aging parents.

Friday

10:00am **Coping w/PTSD** – We will talk about post-traumatic stress disorder.

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 **Watch Your Language** – We will talk about how to not get upset as easily.

2:00pm **Coping w/COPD** – We will discuss having Chronic obstructive pulmonary disease.

Saturday

10:00am **Anxiety Support Group** – We will talk about how to deal with anxiety and learn how to manage it on a daily basis.

3:00pm **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.