


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 Listening to Music Track Leader: Jeramy H.	10:00am Quit Making Excuses Track Leader: Robin H.	10:00am WRAP Track Leader: Robin R.	10:00am Hope Group Track Leader: Brittanie P.	10:00am How to Be Open Minded in Situations Track Leader: Daniel H.	10:00AM ANXIETY SUPPORT GROUP 3:00PM SCHIZOPHRENIA ALLIANCE GROUP BOTH ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arnedo C.	11:00am Controlling Your Blood Pressure Track Leader: Robin H.	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 Thinking Track Leader: Don B.	12:00pm Drums Poetry Slam Track Leader: Jerry M.	12:00pm LUNCH!	1:00pm Smiley Man Track Leader: Bonnie T.	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	2:00pm How to Tell the Truth Track Leader: Daniel H.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Art of Understanding Track Leader: Anne-Marie H.	2:00pm 5 Second Rule Track Leader: Louise B.	1:00pm Reading Sherlock Holmes w/Darcy Track Leader: Darcy L.	
	3:00pm Talking to Your Therapist Track Leader: Stephen C.	2:00pm 5 Love Languages Track Leader: Teresa L.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Comedy/Making a Sit Com Track Leader: Ven S.	2:00pm Music Trivia Track Leader: Teresa L.	
	Participation Station Rocks!	3:00pm 3 Keys to Independent Living Track Leader: Stephen C.	3:00pm Let's Make a Skit Track Leader: Ven S.	Participation Station is a Program of 		
		BIPOLAR (BD) SUPPORT GROUP ONLINE Track Leader Don T.				

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM NAMI CONNECTION GROUP ONLINE & IN-PERSON	10:00am Meditation Track Leader: Jeramy H.	10:00am Spanish Track Leader: Jaleesa C.	10:00am WRAP Track Leader: Robin R.	10:00am Community Resources for Dual Diagnosis Track Leader: Brittanie P.	10:00am How to Be Open Minded in Situations Track Leader: Daniel H.	10:00AM NAMI CONNECTION GROUP ONLINE & IN-PERSON
	11:00am WRAP Track Leader: Arnedo C.	11:00am Be a Good Listener Track Leader: Robin H.	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.	3:00PM SCHIZOPHRENIA ALLIANCE GROUP ONLINE & IN-PERSON
	1:00pm Color Art Hands On Track Leader: Anne-Marie H.	12:00pm Drums Poetry Slam Track Leader: Jerry M.	12:00PM LUNCH!	1:00pm Uno Track Leader: Bonnie T.	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	2:00pm Thanksgiving Art Track Leader: Anne-Marie H.	1:00pm Bipolar Express Track Leader: David H.	1:00pm Thinking Track Leader: Don B.	2:00pm Pick a Card Track Leader: Louise B.	1:00pm Reading Sherlock Holmes w/Darcy Track Leader: Darcy L.	
	3:00pm Talking to Your Therapist Track Leader: Stephen C.	2:00pm 5 Love Languages Track Leader: Teresa L.	2:00pm Chaplain's Corner Track Leader: Steve S.	3:00pm Microwave Meal Track Leader: Louise B.	2:00pm Keep Reading w/Darcy Track Leader: Darcy L.	
	Participation Station Rocks!!	3:00pm Current Events Track Leader Don T.	3:00pm Fashion Track Leader: Ven S.			Participation Station is a Program of 
7:30pm BIPOLAR (BD) SUPPORT GROUP ONLINE DON T.						

Participation Station Monthly Tracks for Nov 10 – Nov 16, 2024

Sunday

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

Monday

10:00am **Listening to Music** – We relaxed by listening to music.

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 **Thinking** – We will talk about sharing our thoughts.

2:00pm **How to Tell the Truth** – We will discuss how to be truthful with people.

3:00pm **Talking to Your Therapist** – We talked about how to have a good therapy appointment.

Tuesday

10:00am **Quit Making Excuses** – We will talk about how to not make excuses for your behavior.

11:00am **Controlling Your Blood Pressure** – We will discuss how to control your blood pressure through diet and exercise.

12:00pm **Drums Poetry Slam** – We will drum to relax with guest Jerry Moody.

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

2:00pm **5 Love Languages** - We will talk about how to have better relationships.

3:00pm **3 Keys to Independent Living** – We will discuss how to live on your own.

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 self-improvement.
- 2:00pm** **Chaplain's Corner** – We will spend some time with our chaplain, Steve S.
- 3:00pm** **Let's Make a Skit** – Get in on the drama!!

Thursday

- 10:00am** **Hope Group** – We will talk about the value of having hope in your life.
- 11:00am** **Living well with Mood Disorders** – We will talk about living well with bipolar disorder and different kinds of mood disorders.
- 1:00pm** **Smiley Man** – We will play a game like Hangman.
- 2:00pm** **5 Second Rule** – We will play a fun board game
- 3:00pm** **Comedy & Making a Sit Com** – More fun making learning in a drama class.

FRIDAY

- 10:00am** **How to Be Open Minded in Situations** – We will talk about being nonjudgemental in situations.
- 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** **Reading Sherlock Holmes w/Darcy** – We will read a Sherlock Holmes book.

2:00pm **Music Trivia** – We will play a game of trivia about music.

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 Nov 17–Nov 23, 2024

Sunday

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

Monday

10:00am **Meditation** - We will do a soothing meditation.

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 **Color Art Hands On** – We will do some art with Anne-Marie.

2:00pm **Thanksgiving Art** – We will do some art with Anne-Marie around Thanksgiving theme.

3:00pm **Talking to Your Therapist** – We talked about how to have a good therapy appointment..

Tuesday

10:00am **Spanish** – We will learn some basic Spanish.

11:00am **Be a Good Listener**- We will talk about how to listen to each other.

12:00pm **Drums Poetry Slam** – We will drum to relax with guest Jerry Moody.

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

2:00pm **5 Love Languages** - We will talk about how to have better relationships.

3:00pm **Current Events** – We will talk about what’s happening in the world today.

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 **Thinking** – We will talk about sharing our thoughts.

2:00pm **Chaplain’s Corner** – We will spend some time with our chaplain, Steve S

3:00pm **Fashion** – How to have style in 2024.

Thursday

10:00am **Community Resources for Dual Diagnosis** – We will talk about where to get help for dual diagnosis in Lexington.

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

1:00pm **Uno** – We will play the classic card game.

2:00pm **Pick a Card** – We will play a card game.

3:00pm **Microwave Meal** – We will make a simple meal that can be made in the microwave.

Friday

10:00am **How to Be Open Minded in Situations** – We will talk about being nonjudgemental in situations.

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.

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