

Nov 10 – Nov 16, 2024

PS Open Link

(at the scheduled times, enter the track by clicking anywhere in this box!)

Virtual Tracks (by day of the week)

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Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM	10:00am	10:00am	10:00am	10:00am	10:00am	10:00AM
NAMI	Listening to Music	Quit Making Excuses	WRAP	Hope Group	How to Be Open	ANXIETY SUPPORT
CONNECTION	Track Leader:	Track Leader:	Track Leader:	Track Leader:	Minded in Situations	GROUP
GROUP	Jeramy H.	Robin H.	Robin R.	Brittanie P.	Track Leader:	
ONLINE & IN-					Daniel H.	3:00PM
PERSON						SCHIZOPHRENIA
	11:00am	11:00am	11:00am	11:00am	11:00am	ALLIANCE GROUP
	WRAP	Controlling Your	Mind Matters	Living Well with Mood	DBT Skills	
	Track Leader:	Blood Pressure	Track Leader:	Disorders	Track Leader:	BOTH ONLINE &
	Arneda C.	Track Leader:	Terry G.	Track Leader:	Makia A.	IN-PERSON
		Robin H.		Don T.		
	1:00pm	12:00pm	12:00pm	1:00pm	12:00pm	
	Thinking	Drums Poetry Slam	LUNCH!	Smiley Man	Writing Well	If you don't have
	Track Leader:	Track Leader:		Track Leader:	w/Chrissy	internet access but
	Don B.	Jerry M.		Bonnie T.	Track Leader:	want to join by
				2.00	Chrissy J.	phone just call
	2:00pm	1:00pm	1:00pm	2:00pm	1:00pm	(929) 205-6099
	How to Tell the Truth	Bipolar Express	Art of	5 Second Rule Track Leader:	Reading Sherlock	and enter the
	Track Leader:	Track Leader:	Understanding	Louise B.	Holmes w/Darcy	Meeting ID when prompted.
Green Tracks	Daniel H.	David H.	Track Leader: Anne-Marie H.	Louise B.	Track Leader:	Meeting ID for
are permanent			Allie-Marie n.		Darcy L.	each is 893 8312
Tracks.	3:00pm	2:00pm	2:00pm	3:00pm	2:00pm	6273
	Talking to Your	5 Love Languages	Chaplain's Corner	Comedy/Making a Sit	Music Trivia	Password 123456
Demole	Therapist	Track Leader:	Track Leader:	Com	Track Leader:	
Purple	Track Leader:	Teresa L.	Steve S.	Track Leader:	Teresa L.	
Tracks are	Stephen C.			Ven S.		
Support		3:00pm	3:00pm			
Groups		3 Keys to	Let's Make a Skit	Partici	pation Station is a Program of	
Groups	Participation	Independent Living	Track Leader:		nami I ovingto	
	Station	Track Leader:	Ven S.	National Affair	NAMI Lexingto	11
		Stephen C.			"promoting recovery"	
	Rocks!					
		BIPOLAR (BD)				
		SUPPORT GROUP				
		ONLINE				
		Track Leader Don T.				



Nov 17 – Nov 23, 2024

PS Open Link

(at the scheduled times, enter the track by clicking anywhere in this box!)

Virtual Tracks (by day of the week)

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Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
2:30PM	10:00am	10:00am	10:00am	10:00am	10:00am	10:00AM
NAMI CONNECTION	Meditation	Spanish	WRAP	Community	How to Be Open	NAMI
GROUP	Track Leader:	Track Leader:	Track Leader:	Resources for Dual	Minded in	CONNECTION
ONLINE & IN-PERSON	Jeramy H.	Jaleesa C.	Robin R.	Diagnosis	Situations	GROUP
				Track Leader:	Track Leader:	ONLINE & IN-
				Brittanie P.	Daniel H.	PERSON
	11:00am	11:00am	11:00am	11:00am	11:00am	3:00PM
	WRAP	Be a Good Listener	Mind Matters	Living Well with	DBT Skills	SCHIZOPHRENIA
	Track Leader:	Track Leader:	Track Leader:	Mood Disorders	Track Leader:	ALLIANCE GROUP
	Arneda C.	Robin H.	Terry G.	Track Leader:	Makia A.	ONLINE & IN-
				Don T.		PERSON
	1:00pm	12:00pm	12:00PM	1:00pm	12:00pm	If you don't have
	Color Art Hands On	Drums Poetry Slam	LUNCH!	Uno	Writing Well	internet access but
	Track Leader:	Track Leader:		Track Leader:	w/Chrissy	want to join by
	Anne-Marie H.	Jerry M.		Bonnie T.	Track Leader:	phone just call
					Chrissy J.	(929) 205-6099
	2:00pm	1:00pm	1:00pm	2:00pm	1:00pm	and enter the
	Thanksgiving Art	Bipolar Express	Thinking	Pick a Card	Reading Sherlock	Meeting ID when
	Track Leader:	Track Leader:	Track Leader:	Track Leader:	Holmes w/Darcy	prompted. Meeting ID for each is 893
Green Tracks	Anne-Marie H.	David H.	Don B.	Louise B.	Track Leader:	8312 6273
are permanent					Darcy L.	Password 123456
Tracks.	3:00pm	2:00pm	2:00pm	3:00pm	2:00pm	1 4337/014 120 130
ITACKS.	Talking to Your	5 Love Languages	Chaplain's Corner	Microwave Meal	Keep Reading	
	Therapist	Track Leader:	Track Leader:	Track Leader:	w/Darcy	
Purple Tracks	Track Leader:	Teresa L.	Steve S.	Louise B.	Track Leader:	
are	Stephen C.				Darcy L.	
		3:00pm	3:00pm		Participation Station	is a Program of
Support Groups	Dauliai a ali	Current Events	Fashion		nomi	
	Participation	Track Leader	Track Leader:		Marione Alleren en Merior Deser	exington
	Station	Don T.	Ven S.		"promotin	g recovery"
	Rocks!!	7:30pm				- 00 00 -
	NOCKS!!	BIPOLAR (BD) SUPPORT				
		GROUP ONLINE DON T.				
		2011 1.				

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

Sunday

	<u>Sunday</u>
2:30pm	NAMI Connection Support Group – A support group for anyone with a mental illne
	<u>Monday</u>
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.
	<u>Tuesday</u>
10:00am	Quit Making Excuses – We will talk about how to not make excuses for your behavior.

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.

<u>Wednesday</u>

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!!				
	<u>Thursday</u>				
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.				
<u>FRIDAY</u>					
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				

Reading Sherlock Holmes w/Darcy – We will read a Sherlock Holmes book.

1:00pm

2:00pm	Music Trivia – We will play a game of trivia about music.
	<u>Saturday</u>
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
	<u>Sunday</u>
2:30pm	NAMI Connection Support Group – A support group for anyone with a mental illness.
	<u>Monday</u>
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
	<u>Tuesday</u>
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.				
	<u>Wednesday</u>				
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.				
<u>Thursday</u>					
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.				
	<u>Friday</u>				
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 trivia game about music.				

<u>Saturday</u>

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.