


**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>Homelessness</b> Track Leader: Mitch McC.	10:00am <b>Staying Focused</b> Track Leader: Robin H.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>3 Clue Trivia</b> Track Leader: Michael B.	10:00am <b>Finances &amp; Relationships &amp; Pictionary</b> Track Leaders: Kayla & Amanda	<b>10:00AM ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>  <b>3:00PM SCHIZOPHRENIA ALLIANCE GROUP</b> <b>ONLINE &amp; IN-PERSON</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>Managing Your Diabetes Part 2</b> Track Leader: Robin H.	11:00am <b>Mind Matters</b> Track Leader: Terry G.	11:00am <b>Living Well with Mood Disorders</b> Track Leader: Don T.	11:00am <b>DBT Skills</b> Track Leader: Makia A.	
	1:00pm <b>Color Art</b> Track Leader: Anne-Marie H.	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia	12:00pm <b>LUNCH!</b>	1:00pm <b>Christmas Decorations</b> Track Leader: Louise B.	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	2:00pm <b>Christmas Art</b> Track Leader: Anne-Marie H.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Controlling Impulses</b> Track Leader: Ven S.	2:00pm <b>Staying Warm Outside in the Wintertime</b> Track Leader: Stephen C.	1:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	3:00pm <b>Uno</b> Track Leader: Bonnie T.	2:00pm <b>How to Take Care of Your Loved One</b> Track Leader: Daniel H.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>Art by Folks with Mental Illness</b> Track Leader: Don B.	2:00pm <b>Keep On Readin'</b> Track Leader: Darcy L.	
	<b>Participation Station Rocks!</b>	3:00pm <b>Sports Fanatics</b> Track Leader: Craig Hardesty	3:00pm <b>Guitar Lessons</b> Track Leader: Ryan J.	Participation Station is a Program of 		
		<b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> Track Leader Don T.				

# Dec 15 – Dec 21, 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
<b>2:30PM</b> <b>NAMI CONNECTION GROUP</b> <b>ONLINE ONLY!</b>	10:00am <b>Past Jobs</b> Track Leader: Mitch Mc.	10:00am <b>Relationships w/Jaleesa</b> Track Leader: Jaleesa C.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>Relationships w/Jaleesa</b> Track Leader: Jaleesa C.	10:00am <b>Finances &amp; Relationships &amp; Pictionary</b> Track Leaders: Kayla & Amanda	<b>10:00AM</b> <b>NAMI CONNECTION GROUP</b> <b>ONLINE ONLY!</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>Exercise Therapy</b> Track Leader: Ryan J.	11:00am <b>Mind Matters</b> Track Leader: Terry G.	11:00am <b>Living Well with 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>ONLINE &amp; IN-PERSON</b>
	1:00pm <b>Meditation</b> Track Leader: Jeramy H.	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia	12:00PM <b>LUNCH!</b>	1:00pm <b>Wrapping Party</b> Track Leader: Louise B.	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	2:00pm <b>Listening to Music</b> Track Leader: Jeramy H.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Controlling Impulses</b> Track Leader: Ven S.	2:00pm <b>Staying Warm Outside in the Wintertime</b> Track Leader: Stephen C.	1:00pm <b>Easy Thinkin'</b> Track Leader: Don B.	
	3:00pm <b>Uno</b> Track Leader: Bonnie T.	2:00pm <b>Living with Autism</b> Track Leader: Daniel H.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>Beat the Dragon</b> Track Leader: Michael B.	2:00pm <b>Smiley Man</b> Track Leader: Bonnie T.	
	<b>Participation Station Rocks!!</b>	3:00pm <b>Thinkin'</b> Track Leader: Don B.  7:30pm <b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> DON T.	3:00pm <b>Community Resources</b> Track Leader: Craig H.		Participation Station is a Program of 	

## Participation Station Monthly Tracks for Dec 8 – Dec 14, 2024

### Sunday

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

### Monday

**10:00am**     **Homelessness** – We will talk about what it's like to be homeless.

**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** – We will do some art with Anne-Marie.

**2:00pm**     **Christmas Art-** We will do some art for Christmas.

**3:00pm**     **Uno** – We will play the classic card game.

### Tuesday

**10:00am**     **Staying Focused** – We will talk about how to focus on what we are doing.\

**11:00am**     **Managing Diabetes Part 2** – We will discuss how to keep you your diabetes numbers in the safe zone.

**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**     **How to Take Care of a Loved One** – We will talk about how to take care of others when they can't take care of themselves

**3:00pm**     **Sports Fanatics** – We will talk about our favorite sports teams.

## 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** **Controlling Impulses** – We will talk about how to not be too impulsive and think before we act.
- 2:00pm** **Chaplain's Corner** – We will spend some time with our chaplain, Steve S
- 3:00pm** **Guitar Lessons**- We will learn to play guitar with Ryan!

## Thursday

- 10:00am** **3 Clue Trivia** – We will play a fun trivia game.
- 11:00am** **Living well with Mood Disorders** – We will talk about living well with bipolar disorder and different kinds of mood disorders.
- 1:00pm** **Christmas Decorations** – We will do some crafting and make some Christmas decorations.
- 2:00pm** **Staying Warm Outside in the Wintertime** – We will talk about how to keep warm while outside in the cold weather.
- 3:00pm** **Art by Folks with Mental Illness** – We will talk about Famous People who have mental illness.

## Friday

- 10:00am** **Finances & Relationships & Pictionary** – We will talk about taking care of your finances, having healthy relationships and then playing Pictionary.
- 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 w/Darcy** – We will read Sherlock Holmes.
- 2:00pm** **Keep on Readin'** – We will continue to read 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.
- 3:00pm**    **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.

## Participation Station Monthly Tracks for Dec 15 – Dec 21, 2024

## Sunday

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

## Monday

- 10:00am**    **Exploring Past Jobs** – We will talk about jobs we had in the past
- 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**    **Meditation** – We will do a simple meditation exercise.
- 2:00pm**    **Listening to Music** – We will listen to some of our favorite music to relax.
- 3:00pm**    **Uno** – We will play the classic card game.

## Tuesday

- 10:00am**    **Relationships** – We will talk about having healthy relationships.
- 11:00am**    **Exercise Therapy** – We will talk about the importance of exercise with mental illness.
- 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**     **Living well with Autism** – We will talk about what it's like to live with autism.

**3:00pm**     **Thinking of Course!** – We will talk about sharing our thoughts

### 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**     **Controlling Impulses** – We will talk about how to not be too impulsive and think before we act.

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

**3:00pm**     **Community Resources** – We will talk about getting the most out of resources in our community.

### Thursday

**10:00am**     **Relationships** – We will talk about having healthy relationships.

**11:00am**     **Living well with Mood Disorders** – We will talk about living well with bipolar disorder and different kinds of mood disorders.

**1:00pm**     **Wrapping Party**- Bring a gift and we will wrap it!

**2:00pm**     **Staying Warm Outside in the Wintertime** – We will talk about how to keep warm while outside in the cold weather.

**3:00pm**     **Beat the Dragon** – Come play a fun game with Michael B!

### FRIDAY

**10:00am** **Finances & Relationships & Pictionary** – We will talk about taking care of your finances, having healthy relationships and then playing Pictionary.

**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** **Easy Thinkin!** – We will talk about sharing our thoughts

**2:00pm** **Smiley Man** – We will play a game like hangman.

**Saturday**

**10:00am** **Anxiety Support Group ONLINE ONLY!!** – 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.