



Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>2:30PM</b> <b>NAMI CONNECTION GROUP</b> <b>ONLINE ONLY!</b>	10:00am <b>Meditation</b> Track Leader: Jeremy H.	10:00am <b>Art w/Mitch</b> Track Leader: Mitch McC.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>Taking Care of Your Eyesight</b> Track Leader: Stephen C.	10:00am <b>Pictionary &amp; Finances</b> Track Leaders: Amanda & Kayla	<b>10:00AM ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>History of Martin Luther King, Jr.</b> Track Leader: Robin H.	11:00am <b>Mind Matters</b> Track Leader: Terry G.	11:00am <b>Living Well for Recovery</b> Track Leader: Don T.	11:00am <b>DBT Skills</b> Track Leader: Makia A.	<b>3:00PM SCHIZOPHRENIA ALLIANCE GROUP</b> <b>ONLINE &amp; IN-PERSON</b>
	1:00pm <b>Slogan Trivia</b> Track Leader: Michael B.	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia C.	12:00pm <b>LUNCH!</b>	1:00pm <b>Thinkin' is HARD!</b> Track Leader: Don 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.	2:00pm <b>Relaxing to Music</b> Track Leader: Jeremy H.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Dual Diagnosis Awareness</b> Track Leader: Ven S.	2:00pm <b>Relationships</b> Track Leader: Jaleesa C.	1:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	<b>Purple Tracks</b> are Support Groups	3:00pm <b>Interesting Facts About Dogs</b> Track Leader: Makia A.	2:00pm <b>Mending Clothes</b> Track Leader: Louise B.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>How to Take Care of Your Phone</b> Track Leader: Daniel H.	
	<b>Participation Station Rocks!</b>	3:00pm <b>Tips to Snow Shoveling</b> Track Leader: Michael B.	3:00pm <b>5 Love Languages</b> Track Leader: Teresa L.	Participation Station is a Program of 		
		<b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> Track Leader Don T.				

# Jan 26 – Feb 1, 2025

## 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>Meditation</b> Track Leader: Jeramy H.	10:00am <b>Art with Mitch</b> Track Leader: Mitch McC.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>Taking Care of You Eyesight</b> Track Leader: Stephen C.	10:00am <b>Pictionary &amp; Finances</b> Track Leader: Amanda & Kayla	<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>Staying Healthy</b> Track Leader: Robin H.	11:00am <b>Mind Matters</b> Track Leader: Terry G.	11:00am <b>Living Well for Recovery</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>Poetry</b> Track Leader: Bonnie T.	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia C.	12:00PM <b>LUNCH!</b>	1:00pm <b>WHY Thinkin' is Hard</b> Track Leader: Don 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>Feelings &amp; Emotional Dynamics</b> Track Leader: Steve S.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Dual Diagnosis Awareness</b> Track Leader: Ven S.	2:00pm <b>Valentine Love Notes</b> Track Leader: Louise B..	1:00pm <b>Uno</b> Track Leader: Bonnie T.	
	3:00pm <b>Dealing with a New Therapist</b> Track Leader: Stephen C.	2:00pm <b>Mikey's Comedy Corner</b> Track Leader: Michael B.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>How to Get Along with Others</b> Track Leader: Daniel H.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	<b>Participation Station Rocks!!</b>	3:00pm <b>Hearts &amp; Flowers</b> Track Leader: Louise B.  7:30pm <b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> DON T.	3:00pm <b>Spelling Bee</b> Track Leader: Teresa L.			
					Participation Station is a Program of 	

## Participation Station Monthly Tracks for Jan 19 – Jan 25, 2025

### Sunday

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

### Monday

**10:00am**     **Meditation** – We will do a simple meditation exercise to relax.

**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**     **Slogan Trivia** – We will play a fun game of guessing slogans.

**2:00pm**     **Relaxing to Music** – We will listen to some music to relax.

**3:00pm**     **Interesting Facts About Dogs** – We will talk about things you may not know about dogs.

### Tuesday

**10:00am**     **Art with Mitch** – We will do some artwork with Mitch McC.

**11:00am**     **History of Martin Luther King, Jr.** – We will learn about Martin Luther King, Jr. and his legacy.

**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**     **Mending Your Clothes** – We will do some sewing of our clothes.

**3:00pm**     **Tips to Snow Shoveling** – Michael will give u tips on how to safely shovel snow without hurting our health.

### 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** **Dual Diagnosis Awareness** – We will talk about mental illness and substance use disorders.
- 2:00pm** **Chaplain's Corner** – We will spend some time with our chaplain, Steve S
- 3:00pm** **5 Love Languages** – We will talk about many ways of loving someone.

#### Thursday

- 10:00am** **Taking Care of Your Eyesight** – We will discuss ways of caring for your vision.
- 11:00am** **Living well for Recovery** – We will talk about how to live in recovery.
- 1:00pm** **Thinkin' is HARD!** – We will talk about the things we are thinking about.
- 2:00pm** **Relationships** – We will discuss how to have healthy relationships.
- 3:00pm** **How to Take Care of Your Cell Phone** – We will talk about how to take proper care of your cell phone.

#### Friday

- 10:00am** **Finances & Pictionary** – We will talk about taking care of your finances 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 a selected book. Come to the track to find out which one!
- 2:00pm** **Keep on Readin'** – We will continue reading 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 Jan 26 – Feb 1, 2025

#### Sunday

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

#### Monday

**10:00am**     **Meditation** – We will do a simple meditation exercise to relax.

**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**     **Poetry** – We will write some poetry and share it with each other.

**2:00pm**     **Feelings & Emotional Dynamics** – We will talk about our emotions and feelings.

**3:00pm**     **Dealing with a New Therapist** – We will talk about how to talk and get along with a new therapist.

#### Tuesday

**10:00am**     **Art with Mitch** – We will do some artwork with Mitch McC.

**11:00am**     **Staying Healthy** – We will talk about how to keep our bodies healthy.

**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**     **Mikey's Comedy Corner** – We will listen to Michael's jokes and share some of our own.

**3:00pm**     **Hearts & Flowers** – We will do some art based on Valentine's Day.

### 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**    **Dual Diagnosis Awareness** – We will talk about mental illness and substance use disorders.
- 2:00pm**    **Chaplain's Corner** – We will spend some time with our chaplain, Steve S.
- 3:00pm**    **Spelling Bee** – We will play a spelling game.

### Thursday

- 10:00am**    **Taking Care of Your Eyesight** – We will discuss ways of caring for your vision.
- 11:00am**    **Living well for Recovery** – We will talk about how to live in recovery.
- 1:00pm**    **WHY Thinkin' is Hard** - We will talk about the things we are thinking about
- 2:00pm**    **Valentine Love Notes** – We will do some more art for Valentine's Day.
- 3:00pm**    **How to Get Along with Others** – We will talk about ways to be good and get along with other people.

### FRIDAY

- 10:00am**    **Finances & Pictionary** – We will talk about taking care of your finances 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**    **Uno** – We will play the classic card game.
- 2:00pm**    **Reading w/Darcy** – We will read a book 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 on a daily basis.
- 3:00pm**    **Schizophrenia Alliance** – This group is for folks dealing with schizophrenia and related disorders.