



**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>Learning Math</b> Track Leader: Ryan J.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>How to Maintain Your Health</b> Track Leader: Daniel H.	10:00am <b>Exercise Therapy</b> Track Leader: Ryan J.	<b>10:00AM ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>Black History Month</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.	
	1:00pm <b>Meditation</b> Track Leader: Jeremy H.	12:00pm <b>Healthy Eating</b> Track Leaders: UK Nursing & Patricia C.	12:00pm <b>QPR Suicide Prevention Training</b> <b>IN-PERSON ONLY</b>	1:00pm <b>Poetry</b> Track Leader: Bonnie T.	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>U.S. Presidents</b> Track Leader: Louise B.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Art of Understanding</b> Track Leader: Anne-Marie H.	2:00pm <b>Looking at Who You Are Part 1</b> Track Leader: Don B.	1:00pm <b>Feelings &amp; Emotional Dynamics</b> Track Leader: Steve S.	
	3:00pm <b>How to Be Friendly</b> Track Leader: Daniel H.	2:00pm <b>Sleep Hygiene</b> Track Leader: Teresa L.	2:00pm <b>Outburst</b> Track Leader: Michael B.	3:00pm <b>Looking at Who You Are Part 2</b> Track Leader: Don B.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	<b>Participation Station Rocks!</b>	3:00pm <b>Community Resources</b> Track Leader: Craig H.	3:00pm <b>Famous Quotes</b> Track Leader: Craig H.	Participation Station is a Program of 		
<b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> Track Leader Don T.						

# Feb 23 – Mar 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>PTSD</b> Track Leader: Barb K.	10:00am <b>Recovery</b> Track Leader: Mitch McC.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>How to Maintain Your Money</b> Track Leader: Daniel H.	10:00am <b>PTSD</b> Track Leader: Barb K.	<b>10:00AM</b> <b>ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>The Life of Dr. 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</b> <b>SCHIZOPHRENIA ALLIANCE GROUP</b> <b>ONLINE &amp; IN-PERSON</b>
	1:00pm <b>Modern Day Parables</b> Track Leader: Steve S.	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia C.	12:00PM <b>LUNCH!</b>	1:00pm <b>Poetry</b> Track Leader: Bonnie T.	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>Relaxing to Music</b> Track Leader: Jeremy H.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Art of Understanding</b> Track Leader: Anne-Marie H.	2:00pm <b>Mending Clothes</b> Track Leader: Louise B.	1:00pm <b>Exercising &amp; Finances</b> Track Leaders: Amanda & Kayla	
	3:00pm <b>Guitar Lessons</b> Track Leader: Ryan J.	2:00pm All About the Weather Track Leader: Teresa L.	2:00pm <b>What It's Like to Be Homeless</b> Track Leader: Michael B.	3:00pm <b>Read Some More</b> Track Leader: Darcy L.	2:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	<b>Participation Station Rocks!!</b>	3:00pm <b>Sports Fanatics</b> Track Leader: Craig H.	3:00pm <b>Comedy</b> Track Leader: Ven S.			Participation Station is a Program of 
7:30pm <b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> DON T.						

## Participation Station Monthly Tracks for Feb 16 – Feb 22, 2025

### 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 being 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**     **Meditation** – We will do a simple meditation exercise to relax.

**2:00pm**     **US Presidents** – We will talk about the history of the Presidents of the United States.

**3:00pm**     **How to Be Friendly** – We will discuss how to be nice to each other.

### Tuesday

**10:00am**     **Learning Math** – We will learn some basic math problems.

**11:00am**     **Black History Month** – We will discuss famous black Americans.

**12:00pm**     **Healthy Eating** – We will talk about eating healthy with UK Nursing students

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

**2:00pm**     **Sleep Hygiene** – We will talk about the importance of getting a good nights sleep.

**3:00pm**     **Community Resources** – We will talk about where to get helpful resources in your area.

### 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.
- 12:00pm** **QPR Suicide Prevention Training (IN PERSON ONLY) Taught by David Riggsby & Julie Joseph – This is a great training that everyone can benefit from in case someone is in a suicidal crisis. Track Leaders Please Try to Attend!**
- 1:00pm** **Art of Understanding** – We will talk about having better self-esteem.
- 2:00pm** **Outburst** – We will play a fun board game with Michael B.
- 3:00pm** **Famous Quotes** – We will share some famous quotes from famous people.

#### Thursday

- 10:00am** **How to Maintain Your Health** – This track is about keeping your body healthy.
- 11:00am** **Living well for Recovery** – We will talk about how to live in recovery.
- 1:00pm** **Poetry** – We will write and share poetry with each other.
- 2:00pm** **Looking at Who You Are Part 1** – We will talk about who you are on the inside and out
- 3:00pm** **Looking at Who You Are Part 2** - We will talk about who you are on the inside and out

#### Friday

- 10:00am** **Exercise Therapy** – We will do some light exercise for better health.
- 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** **Feelings & Emotional Dynamics** – We will talk about our emotions and feelings.
- 2:00pm** **Reading with Darcy** – 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 Feb 23 – Mar 1, 2025

## Sunday

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

## Monday

- 10:00am**     **Dealing with PTSD** – We will talk about post-traumatic stress disorder and how to live with it.
- 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**     **Modern Day Parables** -We will talk about a short story with a religious message.
- 2:00pm**     **Relaxing to Music** – We will play some music and try to relax.
- 3:00pm**     **Guitar Lessons** - We will learn some basics on the guitar.

## Tuesday

- 10:00am**     **Recovery** – We will talk about living in recovery.
- 11:00am**     **The Life of Martin Luther King, Jr.** - We will talk about the life of Martin Luther King, Jr.
- 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**     **All About the Weather** – We will talk about what the weather is doing outside.

**3:00pm**     **Sports Fanatics** – We will talk about our favorite sport stars and our favorite 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**     **Art of Understanding** – We will talk about having better self-esteem.

**2:00pm**     **What It's Like to Be Homeless** – Michael will share his story of being homeless and now being in his own apartment.

**3:00pm**     **Comedy** – We will tell some jokes and have some laughter...which is the best medicine.

### Thursday

**10:00am**     **How to Maintain Your Money** – We will discuss how to be on a budget with your money.

**11:00am**     **Living well for Recovery** – We will talk about how to live in recovery.

**1:00pm**     **Poetry** – We will write and share poetry with each other.

**2:00pm**     **Mending Your Clothes** – We will do some sewing of your clothes. Bring in something to mend.

**3:00pm**     **Read Some More!** - We will read some more Sherlock Holmes with Darcy.

### FRIDAY

**10:00am**     **Dealing with PTSD** – We will talk about post-traumatic stress disorder and how to live with it.

**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**    **Exercise & Finances** – We will do some easy exercises and talk about handling your finances.
- 2:00pm**    **Reading w/Darcy** – We will read a book (Sherlock Holmes) 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.