



# Mar 16 – Mar 22, 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: Jeremy H.	10:00am <b>PTSD</b> Track Leader: Barb K.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>Film Reviews</b> Track Leader: Daniel H.	10:00am <b>Art with A &amp; K</b> Track Leaders: Amanda & Kayla	<b>10:00AM ANXIETY SUPPORT GROUP</b> <b>ONLINE ONLY!</b>  <b>3:00PM SCHIZOPHRENIA ALLIANCE GROUP</b> <b>ONLINE &amp; IN-PERSON</b>  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>
	11:00am <b>WRAP</b> Track Leader: Arnedo C.	11:00am <b>Being a Cancer Survivor</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>Game Show Review: High Rollers 80's Version</b> Track Leader: Michael B.	12:00pm <b>Drumming</b> Track Leaders: Arnedo C. & Patricia C.	12:00pm <b>Lunch!</b>	1:00pm <b>Staying Hydrated</b> Track Leader: Robin H.	12:00pm <b>Writing Well w/Chrissy</b> Track Leader: Chrissy J.	
<b>Green Tracks</b> are permanent Tracks.  <b>Purple Tracks</b> are Support Groups	2:00pm <b>Poetry</b> Track Leader: Bonnie T	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Love of Life</b> Track Leader: Don B.	2:00pm <b>Spring Scents</b> Track Leader: Louise B.	1:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	3:00pm <b>3 Keys to Living Independently</b> Track Leader: Stephen C.	2:00pm <b>5 Love Languages</b> Track Leader: Teresa L.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>Current Events</b> Track Leader: Don T.	2:00pm <b>Knowing Your Limits</b> Track Leader: Makia A.	
	<b>Participation Station Rocks!</b>	3:00pm <b>Community Resources</b> Track Leader: Craig H.	<b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> Track Leader Don T.	3:00pm <b>Anxiety</b> Track Leader: Barb K.	Participation Station is a Program of 	

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>2:30PM</b> <b>NAMI CONNECTION GROUP</b> <b>ONLINE ONLY!</b>	10:00am <b>Listening to Music</b> Track Leader: Jeramy H.	10:00am <b>PTSD</b> Track Leader: Barb K.	10:00am <b>WRAP</b> Track Leader: Robin R.	10:00am <b>Film Reviews</b> Track Leader: Daniel H.	10:00am <b>GSR: \$25,000 Pyramid</b> Track Leader: Michael B.	<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>Writing About Names of Cars</b> Track Leader: Mitch McC	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>Art with A &amp; K</b> Track Leaders: Amanda & Kayla	12:00pm <b>Drumming</b> Track Leaders: Arnedo & Patricia C.	12:00PM <b>Lunch</b>	1:00pm <b>No Cooking Quick Recipes</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>Poetry</b> Track Leader: Bonnie T.	1:00pm <b>Bipolar Express</b> Track Leader: David H.	1:00pm <b>Love of Life</b> Track Leader: Don B.	2:00pm <b>Fairy Tales</b> Track Leader: Louise B.	1:00pm <b>Reading with Darcy</b> Track Leader: Darcy L.	
	3:00pm <b>3 Keys to Living Independently</b> Track Leader: Stephen C.	2:00pm <b>Famous Quotes</b> Track Leader: Craig H.	2:00pm <b>Chaplain's Corner</b> Track Leader: Steve S.	3:00pm <b>Defining Your Needs</b> Track Leader: Don B.	2:00pm <b>GSR: Family Feud</b> Track Leader: Michael B.	
	<b>Participation Station Rocks!!</b>	3:00pm <b>5 Love Languages</b> Track Leader: Teresa L.  7:30pm <b>BIPOLAR (BD) SUPPORT GROUP ONLINE</b> DON T.	3:00pm <b>Budgeting for the Spring</b> Track Leader: Stephen C.			
					Participation Station is a Program of 	

## Participation Station Monthly Tracks for Mar 16– Mar 22, 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**     **Game Show Review: High Rollers 80's Version** – We will talk about the classic game show High Rollers.

**2:00pm**     **Poetry** – We will write and share some poetry.

**3:00pm**     **3 Keys to Living Independently** – We will talk about ways to live an independent life.

### Tuesday

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

**11:00am**     **Being a Cancer Survivor** – We will talk about surviving a cancer diagnosis.

**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**     **5 Love Languages** – We will talk about the different kinds of love.

**3:00pm**     **Community Resources** – We will discuss how to find resources in your local community.

### 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** **Love of Life** – Celebrating life's opportunities.
- 2:00pm** **Chaplain's Corner** – We will get to spend time with our Chaplain, Steve S.
- 3:00pm** **Anxiety** – We will talk about how to handle feelings of anxiety.

### Thursday

- 10:00am** **Film Reviews** – We will talk about our favorite movies.
- 11:00am** **Living well for Recovery** – We will talk about how to live in recovery.
- 1:00pm** **Staying Hydrated** – We will talk about how to make sure you drink enough fluids.
- 2:00pm** **Spring Scents** – Come join us as we appreciate the wonderful scents of spring. You will be able to leave with your favorite fragrance.
- 3:00pm** **Current Events** – We will talk about what's going on in the world right now

### Friday

- 10:00am** **Art with A & K** – We will do some creative art with Amanda & Kayla.
- 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 with Darcy** – We will continue reading Sherlock Holmes with Darcy
- 2:00pm** **Knowing Your Limits** – We will learn how to set healthy limits and boundaries in your life.

### 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 Mar 23 – Mar 29, 2025

#### Sunday

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

#### Monday

- 10:00am**     **Listening to Music** – We will play some music and try 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**     **Art with A & K** – We will do some creative art with Amanda & Kayla.
- 2:00pm**     **Poetry** – We will write and share some poetry.
- 3:00pm**     **3 Keys to Living Independently** – We will talk about ways to live an independent life.

#### Tuesday

- 10:00am**     **PTSD** – We will talk about how to live with post-traumatic stress disorder.
- 11:00am**     **Writing About Names of Cars** – We will talk all about names of cars. Mitch's favorite subject!
- 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**     **Famous Quotes** – We will talk about famous quotes by people in history.

**3:00pm**     **5 Love Languages** – We will talk about the different kinds of love.

### 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**     **Love of Life** – Celebrating life's opportunities.

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

**3:00pm**     **Budgeting for the Spring** – We will spend time discussing how to spend our money for the upcoming season.

### Thursday

**10:00am**     **Film Reviews** – We will talk about our favorite movies.

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

**1:00pm**     **No Cooking Quick Recipes** – We will share some easy recipes that require no cooking or baking.

**2:00pm**     **Fairy Tales** – We will share some fun fairy tale's stories.

**3:00pm**     **Defining Your Needs** – We will share what we need in life.

### FRIDAY

**10:00am**     **Game Show Review: \$25,000 Pyramid** – We will talk about the fun classic game show with Michael B.

**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 book (Sherlock Holmes) with Darcy!

**2:00pm**      **Game Show Review: Family Feud**– We will talk about the fun classic game show with Michael B.

**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.