



What's UP?



UNIQUE PEERSPECTIVES October 2024 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



History of Halloween

Halloween is one of the more favorite holidays in the United States. Many kids and even adults love dressing up as witches, goblins, and ghosts to go trick-or-treating. How did Halloween evolve into the celebration it is today? According to some legends, Halloween began in Ireland more than 2,000 years ago as a time of the year known as “Samhain”. On November 1, the Celtic tribes would gather together for food and games. They were marking the onset of winter, which was believed to be a time when the otherworld was present. “Samhain” was a reminder that the dark season was coming.

The old Irish sagas explain that on this night the fairy mounds would open, and all sorts of creatures would emerge. In the 19th century, people in Ireland and Scotland would carve faces into turnips and illuminate them with candles. The turnips would be placed along the streets to ward off evil spirits. Before long, Irish immigrants arrived in the U.S and helped to popularize the holiday. The Irish immigrants brought the traditions with them. However, since there were no turnips, they used pumpkins instead.

Over time, the traditions spread to all of the U.S. At first, the holiday was considered a time to celebrate the harvest. Then it grew to involve telling ghost stories, singing, and dancing. Inspired by European traditions, Americans began to dress up in costumes and go around their neighborhoods, asking for money or food. This expanded into handing out treats to prevent naughty children from playing pranks. In 19th-century America, kids would carve a scary face in a pumpkin, light it up with the stub of a candle, and pop out from behind a fence, wall, or tree in the dark to frighten whoever happened to walk by.

Later, the customs evolved into what we now call carving jack-o-lanterns and trick-or-treating.

Over the years, Halloween has incorporated many traditions—everything from bonfires to haunted houses. Although the original Celtic traditions have evolved, Halloween is still a festive holiday that people enjoy celebrating with others. If you go trick-or-treating, attend a haunted house, carve a pumpkin, or pass out candy this year, don't be afraid to dress up in your favorite costume. You're never too old for a little fun.

IN THIS ISSUE

History of Halloween

Did You Know?

Groups & Clubs Reminders

Word Search

Crossword Puzzle

Facts about Fall

Peer Advice

Party Announcement

Did you know?

The birthstone for October is the opal. The opal symbolizes hope and purity.

According to some, those born in October are immune from any possible negative effects. Keep an eye out for the Draconid meteor shower in the late evening of October 9th, and the Orionid meteor shower in the predawn hours of October 21st–22nd.

October's birth flowers are the cosmos and the calendula or marigold. Cosmos is a symbol of joy in life and love and peace. The calendula represents winning grace and grief.

If you're born before October 23rd, then you have the sign of Libra. Those born on October 23rd or later have the sign of Scorpio. Libras are said to value harmony and diplomacy, and are said to be kind and intelligent. Scorpions value trust and honesty, and are intense and imaginative.

Hybrid Support Groups*:

YOGA

When: Wednesdays from 3:00 p.m. - 4:15 p.m.

The Spa 500

500 W Onondaga St.

Syracuse, NY 13204

Meeting link to join virtually:

<https://buvideo.accessionmeeting.com/j/1164199867>

Call to join by phone: 315-671-1981

Meeting ID: 116 419 9867

**All support groups at Unique
Peerspectives have changed to in-
person only groups. This includes:**

Women's Support Group

Abnormal Sensory Perception Peer
Support Group

Self-Compassion Support Group

Computer Skills

General Support Group

Meditation Time

Building Healthy Relationships

LGBTQIA+ Support Group

Managing My Emotions

Men's Support Group

Pathways to Career & Community

Senior Lunch-in

Neurodivergent Support Group

Grief Support Group

In-Person Only Groups:

Game Time

When: Fridays 12:00pm-1:00pm

Peer Team Meeting / Birthday Celebration

When: 2nd Wednesday each month: 12:30pm - 1:00pm
4th Wednesday each month: 12:30pm - 1:00pm

Coloring Relaxation Group

When: Mondays 2:00pm - 3:00pm

Arts & Crafts

When: Tuesdays 1:00pm - 2:00pm

Cooking with the Program Manager

When: Wednesdays 2:00pm - 3:00pm

Tea Please

When: Fridays 11:15am - 12:00pm

Walking Group

When: 2nd & 4th Fridays 12:30pm - 3:30pm

Expressing Yourself Through Music

When: Thursdays 1:00pm - 2:00pm

Adventure Group

When: 1st & 3rd Fridays 12:30am - 3:30pm





Senior lunch-in

**1st Wednesday of the month
1:00 P.M.**

Are you a senior? Are you struggling to find other seniors in your community to have conversations with? **BRING YOUR OWN LUNCH** and enjoy the company of other UP seniors.



Abnormal Sensory Perception Peer Support Group

Mondays at 12:00 P.M.

One in ten people hear voices. Voices, visions, or other unusual or extreme experiences may be unique, but they are not uncommon. This group provides a setting where people have the opportunity to share their experiences and benefit from a valuable exchange of first-hand expertise. Members tell their personal stories, listen empathetically to each other, offer support, and suggest strategies.



Pathways to Career & Community

**1st & 3rd Friday of the month
1:00 P.M.**

This group is for individuals looking to re-enter or join the workforce. You will learn valuable skills that will help you gain and maintain employment that best suits your particular interests and skill set. There will be set focus groups on skills, mock interviews, and how to write resumes/cover letters. The second part of this group includes the **Helping Hands Volunteer program**. You can enter this 2nd part of the group after attending four Pathways groups. The volunteer program will run as if it is a true job. This is where you practice the skills learned in the group. You will sign in/out as if you are clocking in/out at a job. There will also be supervision so you can gain constructive criticism on your job performance/skills. Through the Helping Hands program you can use your experience on your resume and get a reference from the UP program.



Cooking with the Program Manager

**Wednesdays
2:00pm - 3:00pm**

Come cook with the Program Manager of Unique Peerspectives! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients and you do all the cooking...and the eating. There will be a recipe to follow and you will receive guidance from the Program Manager herself. This also gives you time to get to know and understand the person who is in charge of the Unique Peerspectives program.

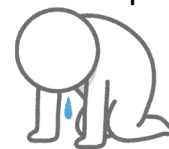


Neurodivergent Support Group

2nd Wednesday of the month

1:00 P.M.

Neuro-divergence is another word for people who have Attention Deficit Hyper-activity Disorder (ADHD) and/or Autism Spectrum Disorder (ASD). This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent, or who want to learn what neuro-divergence is and how to support loved ones with ADHD and/or ASD. This group will focus on the struggles of individuals who are neuro-divergent, and we will discuss strategies to help cope with these specific issues. We will talk about why neuro-divergent people struggle with these issues, and the ties between the neuro-divergent experience and trauma. Each group will be open-forum, which will offer the individuals attending the group to bring up concerns they would like support with. If nobody has anything specific they would like to talk about, we will choose a specific issue as a group and focus on that topic.



Grief Support Group

**Last Wednesday of the month
1:00 P.M.**

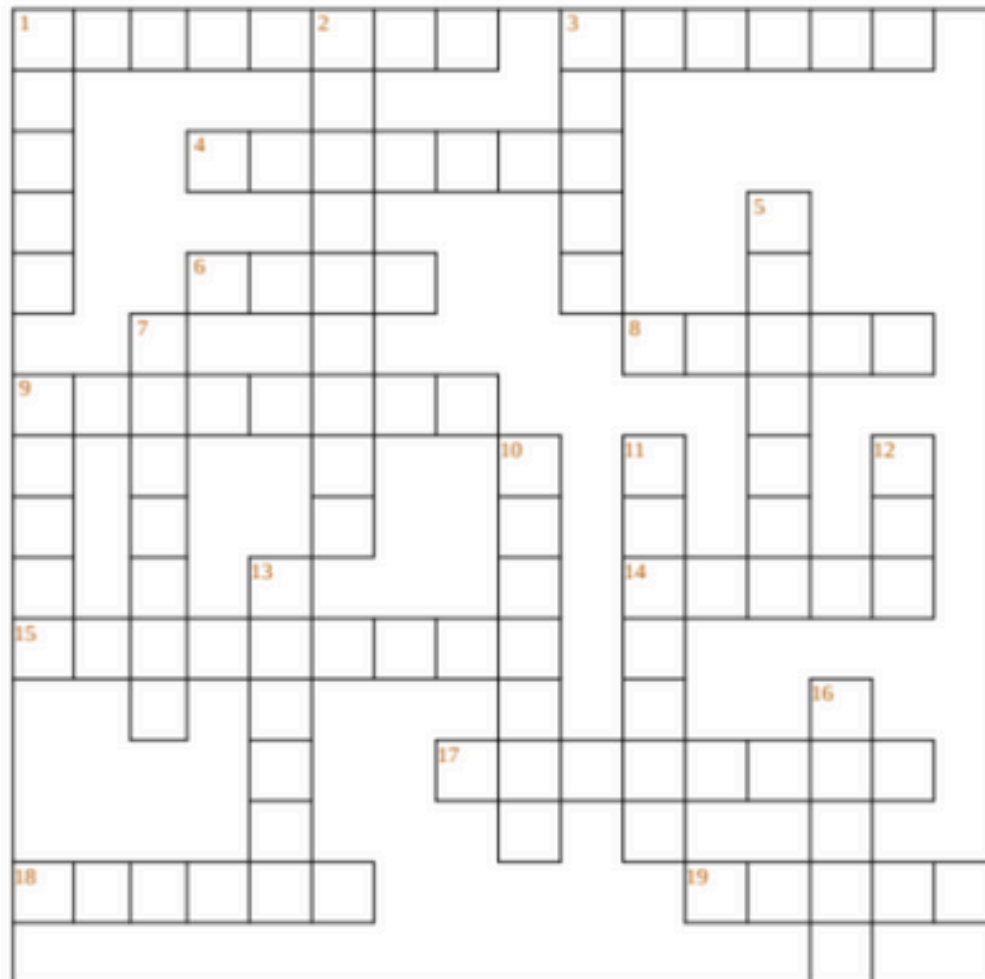
Grief can be a deeply painful experience, but it is not something you need to go through alone. In this group we will all come together to share our grief and support one another. Whether your loss happened recently or long ago, we welcome everyone with open arms.

M M B L A C K C A T P T F R A N K E N S T E I N
 F U Q A K O K T E S U O H D E T N U A H S M D A
 W M N L A V H R O J K Z T E A O H M F C R C A T
 S M B E W R E D I P S Z V M O N S T E R Z V T F
 Y Y N F C P B K K M G X J E C B V T G N B M B V
 W Q G E P Q P E F O Z A X K S T V V N N D W W M
 F L P T E N V M U T M O J Q H S T I S Y D W O P
 U S S B E W E W D S D M M F C W R S W L X E R Z
 T T R C F E O E R U H U W B P U I N H E E N C P
 D C P Q A S U L W C I X B L I H C O W H E R E E
 N C N W E R Y Q L O T N J I E E K I B R V E R J
 T E K C K X Y C W A L J W U U S O T E L A T A Q
 I E F K U A A P Q F H L U Y Q A R A W A R N C W
 C T K P Y X Q T N H Q Y A Y S C T R U F G A S I
 G D C S I D X Z T T D E P H S S R O R R Z L N C
 Z O O B S W N A G J H F Z P T V E C V E R O T B
 A V U L U O W A N J X X B S A Y A E D D K K L W
 Y W Q R H O I M C N Q X O P M H T D K I L C L F
 P F S J T W J Q B U S H N J S E D Q U P L A U D
 M K B P N I F F O C G A K J A A Y P Z S C J K Y
 N U S C W B K R N J H X Y U D U F V Q I A J S G
 Y F E C Z B C Z E N K W S Y N O T E L E K S N L
 T D K D E U X A S T E D N I K P M U P V L B G R
 I N G J L M A Z T E V E R I P M A V G Q N L H A

- Happy Halloween
- Trick or treat
- Jack-o-lantern
- Haunted house
- Frankenstein
- Decorations
- Halloween
- Black cat
- Scarecrow
- Spiderweb
- Skeleton
- Monster
- Pumpkin
- Vampire
- Custom
- Coffin
- Zombie
- Ghosts
- Spider
- Scary
- Candy
- Skull
- Bones
- Grave
- Mummy
- Cat
- Boo



Halloween



Across

- 1 A bunch of bones
- 3 Where vampires sleep
- 4 Can be carved into a Jack-o-lantern
- 6 Worn to cover your face
- 8 Egyptian monster
- 9 Comes out during a full moon
- 14 "Trick or ____!"
- 15 The last day of October
- 17 Place full of graves
- 18 Makes cobwebs
- 19 A spirit, back from the dead

Down

- 1 Frightening
- 2 Marks a grave
- 3 What children get on Halloween
- 5 Drinks blood
- 7 Famous vampire from Transylvania
- 9 Woman with magic and a pointed hat
- 10 ____ house; A spooky place
- 11 Halloween month
- 12 Flying, nocturnal mammal
- 13 Walking corpse
- 16 A witch's ride





Fall is the best time for apple picking



Leaves change color as days get shorter which makes the green pigment fades



Pumpkins are a fruit not a vegetable

Meteorological Start Date: September 1, Meteorological End Date: November 30

FACTS ABOUT



Pumpkin spice doesn't contain any pumpkin at all!

FALL



September October November

Those that live at or near the equator, do not have the autumn season



The term "sweater weather" refers to the lowering temperatures this time of year

Acorns are nature's way of preparing for the future in fall



The harvest moon was the nearest full moon to the Autumn Equinox

Astronomical Start Date: September 22-23, Astronomical End Date: December 20-23



Peer Advice:

“It can be most helpful to focus on learning more about yourself and developing ways to cope, rather than trying to get rid of every symptom of your mental health problem. What recovery means to you will be personal and different from the next person. The most important thing is to find ways to live the kind of life you want and maybe along the way your symptoms will hopefully decrease.”



Warm Line

What does the warm line mean? It's a place to call if you're in need of emotional support. It is available 24 hours a day, seven days a week. (Even holidays!!) We've heard many of the Peers didn't realize such an option for help exists. Please take note of this important number. Paste it somewhere you can easily find it. It's also posted in the Hours of Operations listed below. We're always a phone call away!!

WARMLINE #315-437-3300



Berkana House

If you find yourself in an emotional crisis and don't want to go to the hospital, try our Berkana House first. It's a safe place to go to get much needed support through your time of need. All Peer Support Specialists can help you get what you need, ANYTIME! Call Unique Perspectives for more information or Berkana House!

UP: 315-802-7018
Berkana: 315-437-3301



9-8-8 is the new Suicide & Crisis Lifeline

Effective July 16th - you can now call or text 9-8-8 when you are in need of crisis support greater than what the warmline can provide.

This has replaced the previous suicide hotline number 1 (800) 273-8255. Although if you do call the previous number, you will still be connected to support.

This is just an easier way to reach out and receive support.

So please, if you are feeling suicidal or are in a major crisis call or text 9-8-8 today.

UP Hours of Operation:

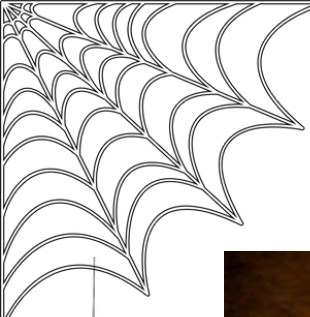
Monday	10:00 am – 3:30pm
Tuesday	10:00 am – 3:30pm
Wednesday	10:00am – 3:30pm
Thursday	10:00am – 3:30pm
Friday	11:00am – 3:30pm

Address: 572 S. Salina St, Syracuse, NY 13202
Phone: 315-802-7018
Fax: 315-883-0123
WARM LINE: 315-437-3300

Unique Perspectives is a
program of:



Halloween Party



Please join us for our Annual Halloween Party on Thursday, October 31st. The fun starts around 10:30 A.M. with some Halloween themed activities. There will be pizza and candy for everyone. Don't forget to wear your favorite Halloween costume. The best top four costumes will win a prize and the scariest costume will be crowned the UP Halloween King/Queen of 2024. Feel free to bring supplies, food, or candy to share with everyone. Also make sure to sign-up so we can get an idea of how much food to buy. Hope to see you at the party...oh and BEWARE, the UP ghost may also be in attendance.

Unique Peerspectives & CSS – October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>11:00am Self-Compassion Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>1:00pm Senior Lunch-in</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:15am Build Healthy Relationships</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing My Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>12:30pm – 3:30pm Adventure Group</p> <p>1:00pm Pathways to Career & Community</p> <p>Coffee Hour at Biscotti's Café (CSS)</p> <p>2:00pm – 3:00pm</p>
7	8	9	10	11
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Compassion Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>12:30pm Peer Meeting & Birthday Celebration</p> <p>1:00pm Neurodivergent Support Group</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:15am Build Healthy Relationships</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>12:30pm – 3:30pm Mindful Walking</p>
14	15	16	<p style="font-size: 2em; font-weight: bold; color: purple;">Staff Day</p> <p style="font-size: 2em; font-weight: bold; color: purple;">Center is Closed</p>	18
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Compassion Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>		<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>12:30pm – 3:30pm Bowling @ Flamingo</p> <p>1:00pm Pathways to Career & Community</p> <p>Coffee Hour at Biscotti's Café (CSS)</p> <p>2:00pm – 3:00pm</p>
21	22	23	24	25
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Compassion Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>12:30pm Peer Meeting</p> <p>1:00pm Wellness Group (CSS)</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:15am Build Healthy Relationships</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p> <p>1:00pm Scribblers (CSS)</p>	<p>11:15am Tea Please</p> <p>12:00pm Game Time</p> <p>12:30pm – 3:30pm Mindful Walking</p>
28	29	30	31	
<p>11:00am Women's Support Group</p> <p>12:00pm Abnormal Sensory Perception Peer Support Group</p> <p>1:00pm Mindfulness (CSS)</p> <p>2:00pm Coloring Relaxation Group</p>	<p>11:00am Self-Compassion Support Group</p> <p>12:00pm Men's Support Group</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00am Meditation Time</p> <p>1:00pm Grief Support Group</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p style="font-size: 2em; font-weight: bold; color: orange;">HALLOWEEN PARTY</p> 	

Unique Peerspectives / Community Support Services

Access CNY

Women's Support Group

Mondays

11:00am – 12:00pm

Receive support in a women's only space. A variety of topics will be covered. This is a group where women can build a sense of community and discuss topics that are relevant to women's lives.

Call UP at 315-802-7018 for more information.

Abnormal Sensory Perception Peer Support Group

Mondays

12:00pm – 1:00pm

One in ten people hear voices. Voices, visions, or other unusual or extreme experiences may be unique, but they are not uncommon. This group provides a setting where people have the opportunity to share their experiences and benefit from a valuable exchange of first-hand expertise. Members tell their personal stories, listen empathetically to each other, offer support, and suggest strategies.

Call UP at 315-802-7018 for more information.

Mindfulness (CSS)

Mondays

1:00pm – 2:00pm

Mindfulness can be defined as a mental state achieved by focusing one's awareness on the present moment. This group will explore the benefits of mindfulness and include practice of tools to use in everyday life.

Call Kerri at 315-218-0849 for more information.

Coloring Relaxation Group

Mondays

2:00pm – 3:00pm

Do you love coloring? Come join us for this group. Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. We spend an hour coloring anything you can imagine. If you can't find a coloring page that you like, we can help print other pictures for you to color.

Call UP at 315-802-7018 for more information.

Self-Compassion Support Group

Tuesdays

11:00am – 12:00pm

Often the hardest person to love is the most important. That would be ourselves. Join us for this group to learn how to be more self-compassionate and to learn how to love ourselves. We will be working through the Mindful Self-Compassion Workbook by Kristin Neff.

Call Unique Peerspectives at 802-7018 for more information.

Men's Support Group

Fridays

12:00pm – 1:00pm

As men, our mental health is often stigmatized or not taken seriously. This is a group where men can build a sense of community and discuss topics that are relevant to men's lives.

Call UP at 315-802-7018 for more information.

Arts and Crafts

Tuesdays

1:00pm – 2:00pm

Art is a form of expressing yourself, while at the same time becoming captivated in the present. You don't have to be Da Vinci or Picasso to enjoy making personal, decorative creations. There will be crafting material and paints for the group. We will do a variety of art projects for self-directed creations.

Call UP at 315-802-7018 for more information.

Computer Skills Class
1st & 3rd Tuesday of the month
2:30pm – 3:30pm

Need help understanding computers and how to work them? Please join us for computer skills class as we teach you and help you learn how to put your computer skills to use. Whether you want to learn how to type better, send an email, or learn how to navigate Facebook, we are here to help.

Call UP at 315-802-7018 for more information

General Support Group
Wednesdays
11:00am – 12:00pm

This group is open to everyone. We cover a variety of topics and offer support in a group setting. Everyone is there to support each other, together, while we cover hard topics that some may not want to speak about.

Call UP at 315-802-7018 for more information.

Meditation Time
Wednesdays
12:00pm – 1:00pm

Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. Come join this group and bring peace to yourself.

Call UP at 315-802-7018 for more information

Peer Team Meeting / Birthday Celebration
2nd Wednesday of each month & 4th Wednesday of each month
12:30pm – 1:00pm

If you want to voice your thoughts about potential changes you would like to see or if you would like to stay up-to-date on the most recent changes, this group is for you. These twice a month meetings will primarily be all about you. We all will collaborate and toss ideas around that are relevant to what we do here at UP, and quite possibly implement them into our program. Additionally, we will be celebrating all members' birthdays that are in the current month. Cupcakes and ice cream will be served!

Call UP at 315-802-7018 for more information.

Senior Lunch-in
1st Wednesday of the month
1:00pm – 2:00pm

Are you a senior? Are you struggling to find other seniors in your community to have conversations with? On the first Wednesday of the month at 1:00 pm, BRING YOUR OWN LUNCH and enjoy the company of other UP seniors.

Call Unique Peerspectives at 802-7018 for more information.

Neurodivergent Support Group
2nd Wednesday of the month
1:00pm – 2:00pm

Neuro-divergence is another word for people who have Attention Deficit Hyper-activity Disorder (ADHD) and/or Autism Spectrum Disorder (ASD). This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent, or who want to learn what neuro-divergence is and how to support loved ones with ADHD and/or ASD. This group will focus on the struggles of individuals who are neuro-divergent, and we will discuss strategies to help cope with these specific issues. We will talk about why neuro-divergent people struggle with these issues, and the ties between the neuro-divergent experience and trauma. Each group will be open-forum, which will offer the individuals attending the group to bring up concerns they would like support with. If nobody has anything specific they would like to talk about, we will choose a specific issue as a group and focus on that topic.

Call Unique Peerspectives at 802-7018 for more information.

Grief Support Group
Last Wednesday of every month
1:00pm – 2:00pm

Grief can be a deeply painful experience, but it is not something you need to go through alone. Every last Wednesday of the month at 1:00pm, we will all come together to share our grief and support one another. Whether your loss happened recently or long ago, we welcome everyone with open arms.

Call Unique Perspectives at 802-7018 for more information.

Wellness Group (CSS)
3rd or 4th Wednesday of the month
1:00pm – 2:00pm

This group is brought to UP by CSS. During this group you will learn about what is needed to support your mental health through healthy living. There will be different topics covered that are important to your health and wellness.

Call Melanie or Kerri at 218-0848 for more information.

Cooking with the Program Manager
Wednesdays
2:00pm – 3:00pm

Come cook with the Program Manager of Unique Perspectives! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients and you do all the cooking...and the eating. There will be a recipe to follow and you will receive guidance from the Program Manager. This also gives you time to get to know and understand the person who is in charge of the Unique Perspectives program.

Call Jennifer Chandler at 315-218-0806 for more information.

Yoga (CSS)
Wednesdays
3:00pm – 4:15pm

Yoga increases body awareness, relieves stress, reduces inflammation, and calms/centers the nervous system. It can also help depression and insomnia. *This is now **In-Person** at the Spa @ 500 W. Onondaga St.!!!!* The virtual option will still be available at UP.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1164199867>

Meeting ID: 116 419 9867

Call to join by phone: 315-671-1981

Call Kerri at 218-0848 for more information.

Building Healthy Relationships
Thursdays
10:15am – 11:00am

Healthy relationships involve honesty, trust, respect and open communication between individuals. They take effort and compromise from each individual. This group will discuss what it takes to build healthy relationships. We will start by discussing the most important relationship, the one we have with ourselves. We'll use this as a foundation for building our relationships with others. We will learn and work on the ABC's of relationships: Attitude, Boundaries, and Communication. Come learn how to build positive, healthy relationships in your life.

Call Ruth Cicirello at 315-218-0800 for more information.

LGBTQIA+ Support Group
Thursdays
11:00am – 12:00pm

This group is informal and much like any other support group we offer, but is geared towards the life experiences of anyone who identifies as LGBTQIA+ Being queer can often be a scary and lonely experience. This support group is here to build a sense of community amongst LGBTQIA peers. We also welcome those who want to respectfully learn more about the community.

Call UP at 315-802-7018 for more information.

Managing My Emotions

Thursdays

12:00pm – 1:00pm

Please join us for this group where we will discuss strategies about learning how to navigate the waves of our emotions, thus not allowing them to run our lives. We will learn how to understand our feelings, untangle complicated emotions, increase positive emotions, soothe ourselves after experiencing tough emotions, learn how to not let our emotions boil over into anger or rage, and learn to clearly communicate our feelings in a healthy, non-threatening way.

Call Ruth Cicirello at 315-218-0800 for more information.

Expressing yourself through Music

Thursdays

1:00pm – 2:00pm

Do you love listening to music or singing to your favorite song? UP offers this group for people who love listening to music and want to share their favorite songs. Everyone will get the chance to choose a song to share and even sing along with. After each song, we will discuss what we like/don't like, what the lyrics mean, or any thoughts we have. This is also a great chance to broaden your musical horizons and hear music you never knew existed!

Call UP at 315-802-7018 for more information

Scribblers (CSS)

Oct. 24th

1:00pm – 2:00pm

Be a contributor to our *Newsletter!* Submit your own pieces through writing, photography or art. We will continue discussing the topics for our next newsletter. *Scribblers started out as a writers group, but has evolved into a discussion and sharing group for any type of creative expression. We use creativity as a tool for wellness. We talk about projects we have been independently working on and projects we might like to try out next. If you like how a project has turned out, you can submit it for inclusion in our next quarterly Scribblers' Newsletter.* (an excerpt by B.C. Jones) *Submissions are open at this time!*

Call Kerri at 218-0848 for more information.

Tea Please...

Fridays

11:15am – 12:00pm

Tea has an amino acid that reduces stress. Combined with caffeine, it helps to boost brain activity and mood giving a sense of relaxation and well-being. Gathering together is enjoyable, but it also nurtures our most important relationships and promotes a sense of belonging and community. It can leave you feeling incredibly inspired, rejuvenated and connected. So come gather with us and drink some hot Tea.

Call UP at 315-802-7018 for more information.

Game Time

Fridays

12:00pm – 1:00pm

Have some fun with the UP gaming group! We have a wide variety of games. We offer board games, card games, and a Nintendo switch to play Mario Kart, Tetris, and much more! Come join us for a fun and friendly competition!

Call UP at 315-802-7018 for more information.

Adventure Group

1st & 3rd Fridays of the month

12:30pm – 3:30pm

Join us at UP as we go on an adventure! We will take the van and go to various nearby locations in the county, like Green Lakes State Park, different waterfalls/State Parks, and even bowling. If there is imminent rain, this group *may* go to the mall to walk or simply go walking in the rain. Make sure to sign-up on the bulletin board quickly because there are very limited spots.

Call UP at 315-802-7018 for more information.

Mindful Walking

2nd & 4th Fridays of the month

12:30pm – 3:30pm

Mindfulness is one the best things you can do for your health. Join us every 2nd and 4th Friday of the month for a mindful walk. We will take the time to focus on the present moment and really take in the surroundings of our walks. We might walk around the city, a local park, or even a building like the mall. All of them will give us a chance to find peace and be calm.

Call UP at 315-802-7018 for more information.

Pathways to Career & Community

1st & 3rd Fridays of the month

1:00pm – 2:00pm

This group is for individuals looking to re-enter or join the workforce. You will learn valuable skills that will help you gain and maintain employment that best suits your particular interests and skill set. There will be set focus groups on skills, mock interviews, and how to write resumes/cover letters. The second part of this group includes the **Helping Hands Volunteer program**. You can enter this 2nd part of the group after attending four Pathways groups. The volunteer program will run as if it is a true job. This is where you practice the skills learned in the group. You will sign in/out as if you are clocking in/out at a job. There will also be supervision so you can gain constructive criticism on your job performance/skills. Through the Helping Hands program you can use your experience on your resume and get a reference from the UP program.

Coffee Hour at Biscotti's Café (CSS)

1st & 3rd Fridays of the month

2:00pm – 3:00pm

741 N. Salina Street

Please feel free to join us for in-person Coffee Hour! You will have the opportunity to get out and greet those we have been socializing with virtually all these months! This is an informal meet and greet event, so feel free to stay as long or as short as you would like!

Call Kerri at 218-0848 for more information.

*****UP does not offer any virtual groups at this time. Sorry for any inconveniences this may cause. If you have any questions, please call Jennifer Chandler at 315-218-0806**