



What's UP?



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



National Suicide Prevention Month

Why is suicide such a difficult topic to address? Suicide is a major public health concern and one of the leading causes of death in the U.S. In order to lower this statistic, it is important to talk about suicide openly so we can reduce any stigma. What can we do to change the conversation from suicide to suicide prevention? What actions can we use in order to promote healing, help others, and give hope? We can all help in many different ways to prevent suicide.

During the month of September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. This year, World Suicide Prevention Day is on September 10th. This is a time to remember the lives lost to suicide and those affected, to raise awareness about suicide prevention and share messages of hope, and to focus efforts on directing treatment to those who need it the most. While suicide prevention must be addressed year round, the month of September reminds people that we can make an impact and help those in crisis and their loved ones.

Some other ways that you can make a difference is to educate yourself and others about suicide prevention, learn the warning signs and risk factors for suicide, and offer support to someone who may be considering suicide. Most importantly, make sure to familiarize yourself with the 988 Suicide and Crisis Lifeline. Being able to utilize these tools can make a difference in another person's life when they are in crisis and may be experiencing suicidal thoughts.

The 988 Suicide and Crisis Lifeline network and its partners are currently working together on changing conversations about suicide and suicide prevention. In the meantime, their message **#BeThe1To** is helping to spread these following tips for suicide prevention:

ASK - People who are having thoughts of suicide can feel relief when someone asks about them in a caring way.

BE THERE - People are more likely to feel less depressed, suicidal, and overwhelmed after speaking to someone who listens without judgement.

KEEP THEM SAFE - Help make lethal means less available or less deadly which will in return help suicide rates decline overall.

HELP THEM STAY CONNECTED - Help people at risk of suicide create a network of resources and individuals for support and safety which can help people take positive action and reduce feelings of hopelessness.

FOLLOW UP - Supportive, ongoing contact is an important part of suicide prevention, especially for people who have been discharged from hospitals or crisis centers.

Together, we can make an impact and hopefully prevent suicides person by person.

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Did You Know?

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Did you know?

September 22nd marks the start of fall! This year's Autumnal Equinox occurs at 8:44 A.M. EDT.

On this date, there are approximately equal hours of daylight and darkness.

September's zodiac signs are Virgo (Aug. 23–Sept. 22) and Libra (Sept. 23–Oct. 22).

September is known as the month of apples as apple picking is common during this month. September's birth flowers are the aster and the morning glory. The aster signifies powerful love, and the morning glory symbolizes affection.

The birthstone for September is the sapphire, which was once thought to guard against evil and poisoning. Sapphires are thought to encourage divine wisdom and protection. They symbolize purity, truth, trust, and loyalty.

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

In-Person Only Groups:

Game Time

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

Peer Team Meeting / Birthday Celebration

When: 2nd Tuesday 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: Thursdays 10:00am - 11:00am

Walking Group

When: Thursdays 11:00am - 2:00pm

Expressing Yourself Through Music

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

Adventure Group

When: Fridays 12:30am - 4:00pm





Computer Skills Class

**1st & 3rd Tuesday of the month
at 2:30 P.M.**

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.



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.



Unique Peerspectives presents a LGTBQIA+ support group that is every Thursday at 11:00 am. Please join us in offering camaraderie and hope. There is no judgement here. We are here to offer support to everyone.



We are currently looking for new Group ideas. If you have a support group or activity that you would like to attend here at UP, please let us know. You can contact Jennifer Chandler at 315-218-0806.



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.



Coloring Relaxation Group

Mondays at 2:00 P.M.

Do you love coloring? Come join us for this new 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 new pictures out for you to color.



Meditation Time

**Wednesdays at
12:00pm**

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. This group begins right after Mindfulness group, so it is perfect for practicing any new skills you just learned!



Chinese Moon Festival



National Talk Like a Pirate Day

Aster September Flowers



SEPTEMBER

FUN FACTS



National Potato Day



Sapphire Birthstone



Goodbye Summer



Hello Fall



Grandparents Day

Astrology Signs



Virgo



Libra

Patriot Day



National Coffee Day



9th Month of The Year

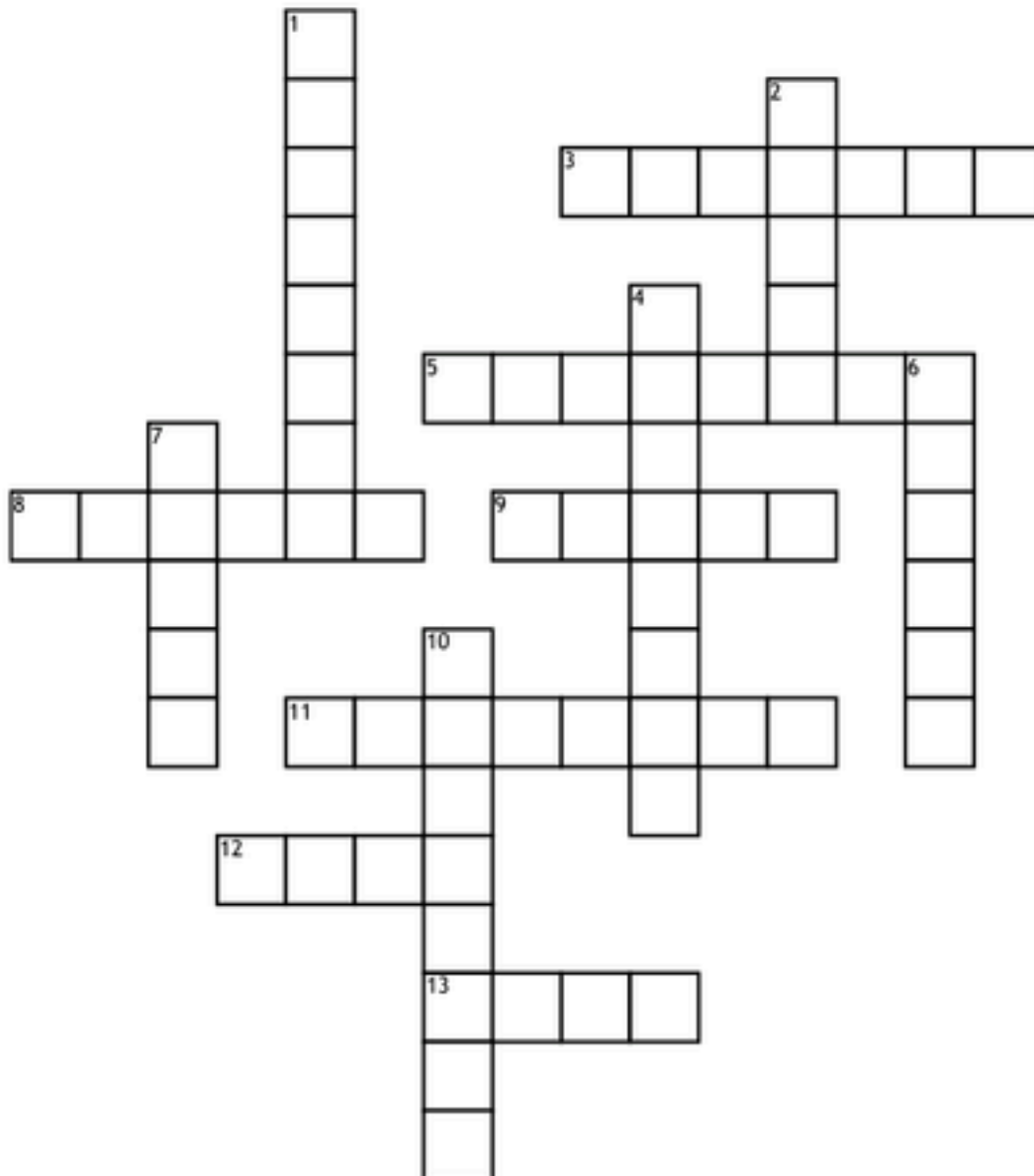


National Play Doh Day



MADEWITHHAPPY.COM

September



Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

Down

- 1. a small rodent
- 2. a crisp red fruit

4. the first monday in september

6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

Fall Word Search

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

CORN

AUTUMN

BONFIRE

BOOTS

OCTOBER

RAKE

THANKSGIVING

HARVEST

LEAVES

CARNIVAL

APPLES

APPLE CIDER

PUMPKIN

FOOTBALL

SWEATER

NOVEMBER

SEPTEMBER

SUNFLOWER



Staff Advice:

“Im not just in recovery, I am recovery.”

Taking good care of yourself is paramount to the success of your recovery process. People in recovery find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well.



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:



Never Forget

Do you remember where you were and what you were doing on 9/11, 23 years ago? Most people woke up, got dressed, and ate breakfast then continued their morning. While for some, this was the last time they would wake up, get dressed, and eat breakfast. This day would become a day that would never be forgotten. It is hard to forget that day and what happened. It was a day that most people would like to not remember. On September 11th, 2001, the deadliest terrorist attacks on American soil in U.S. history occurred. A series of airline hijackings and suicide attacks were committed by 19 militants associated with the Islamic extremist group al-Qaeda against targets in the United States. Two planes were flown into the two tallest buildings in New York City called the World Trade Center. Within a few hours, both of the twin towers collapsed into rubble, demolishing a large section of lower Manhattan. A third plane hit the western face of the Pentagon in Arlington, Virginia, just outside Washington, D.C. The passengers and crew of the fourth plane fought back, and the plane crashed in an open field near Shanksville, Pennsylvania. The attacks against New York City and Washington, D.C. caused extensive death and destruction, and triggered an enormous U.S. effort to combat terrorism. The 9/11 terrorist attacks killed 2,977 people and changed the world as we knew it. Despite the tragic loss of life and the substantial amount of destruction, the United States of America grew in unity and strength. It was the worst day people had ever seen but it brought out the best in everyone. Memorials now stand to pay tribute to those who lost their lives on September 11, 2001. The 9/11 Memorial and Museum in New York City contains pools set within each area where the twin towers stood; the names of all the 9/11 victims from each tower are inscribed on bronze panels. The completed centerpiece - One World Trade Center, or "Freedom Tower" - stands higher than both of the fallen towers. At the National 9/11 Pentagon Memorial, each of the 184 benches is dedicated to a victim of the Arlington, Virginia attack. And the Tower of Voices at the Flight 93 National Memorial in Pennsylvania has 40 wind chimes to honor the plane's passengers and crew members. In the days and months after 9/11, many people around the country and world rallied together to service in various ways. "Patriots Day" or "Day of Remembrance" on September 11th has become an annual day for many Americans to remember, reflect, honor, and mourn. This year to honor the spirit of sacrifice made that day, take time to unite in service by volunteering. Also keep in mind and remember that 9/11 was a historic day that changed the world and its legacy continues to be complex and ongoing.

SEPTEMBER 11 ATTACKS

A series of airplane hijackings and suicide attacks committed in 2001 by 19 militants associated with the Islamic extremist group al-Qaeda against targets in the United States. These were the deadliest terrorist attacks on American soil in U.S. history.

TIMELINE

On the morning of September 11, 2001, groups of attackers boarded four domestic aircraft at three East Coast airports. Soon after takeoff they disabled the crews and then took control of the aircraft, all large and bound for the West Coast with full loads of fuel.



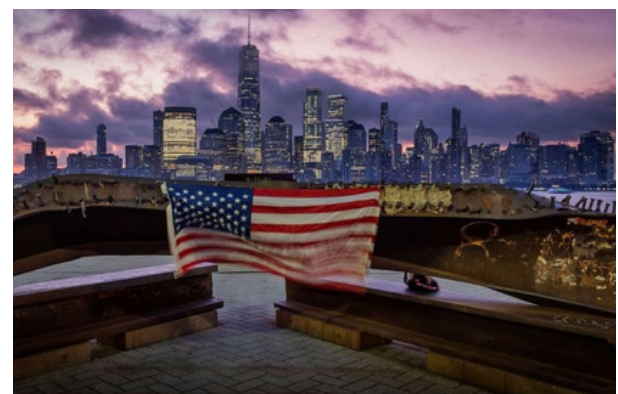
ROUTE MAP

American Airlines Flight 11 United Airlines Flight 93
American Airlines Flight 77 United Airlines Flight 175



FACTS AND FIGURES

NUMBER OF PEOPLE KILLED ON SEPTEMBER 11, 2001 \updownarrow = 10 people



Unique Peerspectives & CSS – September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<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>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>11:00pm General Support Group</p> <p>12:00pm Meditation Time</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>10:15am Build Healthy Relationships</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing My Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Adventure Group</p> <p>Coffee Hour at Biscotti's Café (CSS)</p> <p>2:00pm – 3:00pm</p>
9	10	11	12	13
<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>12:30pm Peer Meeting & Birthday Celebration</p> <p>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00pm Meditation Time</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p> <p>9/11 Day of Remembrance</p>	<p>10:00am Tea Please</p> <p>10:15am Build Healthy Relationships</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Adventure Group</p>
16	17	18	19	20
<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>1:00pm Arts & Crafts</p> <p>2:30pm Computer Skills Class</p>	<p>11:00pm General Support Group</p> <p>12:00pm Meditation Time</p> <p>1:00pm Wellness Group (CSS)</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>10:15am Build Healthy Relationships</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>Annual End of Summer Cook Out</p> 
23	24	25	26	27
<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>1:00pm Arts & Crafts</p>	<p>11:00pm General Support Group</p> <p>12:00pm Meditation Time</p> <p>12:30pm Peer Meeting</p> <p>2:00pm Cooking with the Program Manager</p> <p>3:00pm Yoga (CSS)</p>	<p>10:00am Tea Please</p> <p>10:15am Build Healthy Relationships</p> <p>11:00am – 2:00pm Walking Group</p> <p>11:00am LGBTQIA+ Support Group</p> <p>12:00pm Managing my Emotions</p> <p>1:00pm Expressing Yourself Through Music</p>	<p>11:00am Men's Support Group</p> <p>12:00pm Game Time</p> <p>12:30pm – 4:00pm Bowling @ Flamingo</p>
30				
<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>				

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.

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 groups 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.

Scribblers (CSS)

TBA

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.

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.

Peer Team Meeting/Birthday celebration

2nd Tuesday 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 once 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.

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

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, Jen Chandler.

This also gives you time to get to know and understand the person who is in charge of the Unique Peerspectives 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.

Tea Please...

Thursdays

10:00am – 11:00am

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.

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.

Walking Group

Thursdays

11:00am – 2:00pm

Join us at UP to walk locally! Sometimes we will take the van and go to other various nearby locations. If there is imminent rain, this group *may* go to the mall to walk. 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.

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

Men's Support Group

Fridays

11:00pm – 12:00pm

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.

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

Fridays

12:30pm – 4:00pm

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.

Coffee Hour at Biscotti's Café (CSS)

First Friday of each 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**