



What's UP?



UNIQUE PEERSPECTIVES January 2025 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



Choosing Your Goals for the New Year

The New Year is upon us which can mean new beginnings for some. This is the time when everyone starts creating New Year's resolutions, setting goals, decorating vision boards, and proclaiming "New Year, New Me". Someone working on their goals is a step in the right direction as the individual is trying to become the best version of themselves. However, some data shows that Americans may not be staying true to their New Year's resolutions. It was reported that 41% of Americans make New Year's resolutions which could center around self-improvement, weight, money, and relationships. Out of the 41% of the population that set goals for the new year, only 9.2% felt they were successful in achieving the goals they chose. After looking at the data, some people may feel that there is no point in setting any goals for the future, but you could try looking at this from a different angle. There are different ways to challenge yourself when choosing your next goals. Consider what you can do differently to ensure you are making consistent progress toward your goals. What is the best way to start trying to set a goal or New Year's resolution? The starting point is simple, you need to decide what you want and understand why. The 'why' behind the goal is what can drive you to continue moving forward even when you don't feel like you can. When you understand why you desire the goal that you came up with and you can visualize what achieving that goal will do for you; then the goal becomes more than just something on a list, it becomes your mission and your purpose. The act of doing the task is important, but what matters more is how achieving that goal can change your life. Things do not magically happen. You cannot manifest money without putting in the work. Remember you must work the plan, or your goals are just dreams. Being intentional in your thoughts and behaviors is key to achieving any goal you have. It does not mean that you won't have an off day or that you are going to accomplish all your goals each day. It means you are choosing to make an effort toward your overall goal in small ways, each day. When remaining consistent and taking baby steps each day, week, and month, you should be able to see the overall progress over time. Baby steps no matter how small can move you forward if you commit to staying consistent. If you can accept that what you desire for yourself will take time, it should not only take the pressure off, but it may allow you to enjoy your journey. Don't forget that distractions will happen but as long as you remember that slow and steady wins the race you will continue moving forward.

If you need any assistance figuring out your goals and learning how to take the steps towards achieving them, come down to Unique Peerspectives and ask for your assigned Peer Specialist. We are here to help you in any way that we can.

IN THIS ISSUE

Choosing Your Goals

Did You Know?

Groups & Clubs
Reminders

Word Search

Crossword Puzzle

January Fun Facts

Peer Advice

Did you know?

January is named after Janus, a deity often depicted with two faces looking in opposite directions, representing new beginnings and transitions.

People born before January 20th are Capricorns, while people born toward the end of January are Aquarius.

The birthstone for January is garnet, which is said to signify protection, friendship, trust, commitment, and love. The garnet is thought to keep the wearer safe during travel.

The birth flowers for January are the carnation and the snowdrop.

The first New Year's ball drop in New York City started in 1908.

People born in January are gifted with a natural sense of humor. They have great observation skills and can crack hilarious jokes about the ordinary things and people around them

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-Support Group

Computer Skills

General Support Group

Meditation Time

LGBTQIA+ Support Group

Managing My Emotions

Men's Support Group

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

Expressing Yourself Through Music

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

Adventure Group

When: 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** as we eat together at UP or we may even go to a restaurant. You will also get to enjoy the company and conversation of other UP seniors. Who knows you might find a friend or two.



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.



Self-Support Group

Tuesdays

11:00am - 12:00pm

Learning how to support ourselves is one of the most vital parts of the recovery process. In this group we will provide different strategies on how to support ourselves along our individual healing journeys. We will explore workbooks focusing on different methods of supporting ourselves and cover topics such as Self-Compassion, Self-Esteem, Self-Confidence, and more. Join us as we develop skills to better ourselves.



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), Autism Spectrum Disorder (ASD), or any disorder that impacts how our brain functions. This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent. 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 start with a general topic related to neuro-divergence and we will then discuss how that topic relates to our own lives and we can then take turns sharing our experiences related to that topic. The goal of this group is to provide mutual support and validation for one another, and a safe space to learn about how neuro-divergence impacts our day to day lives.



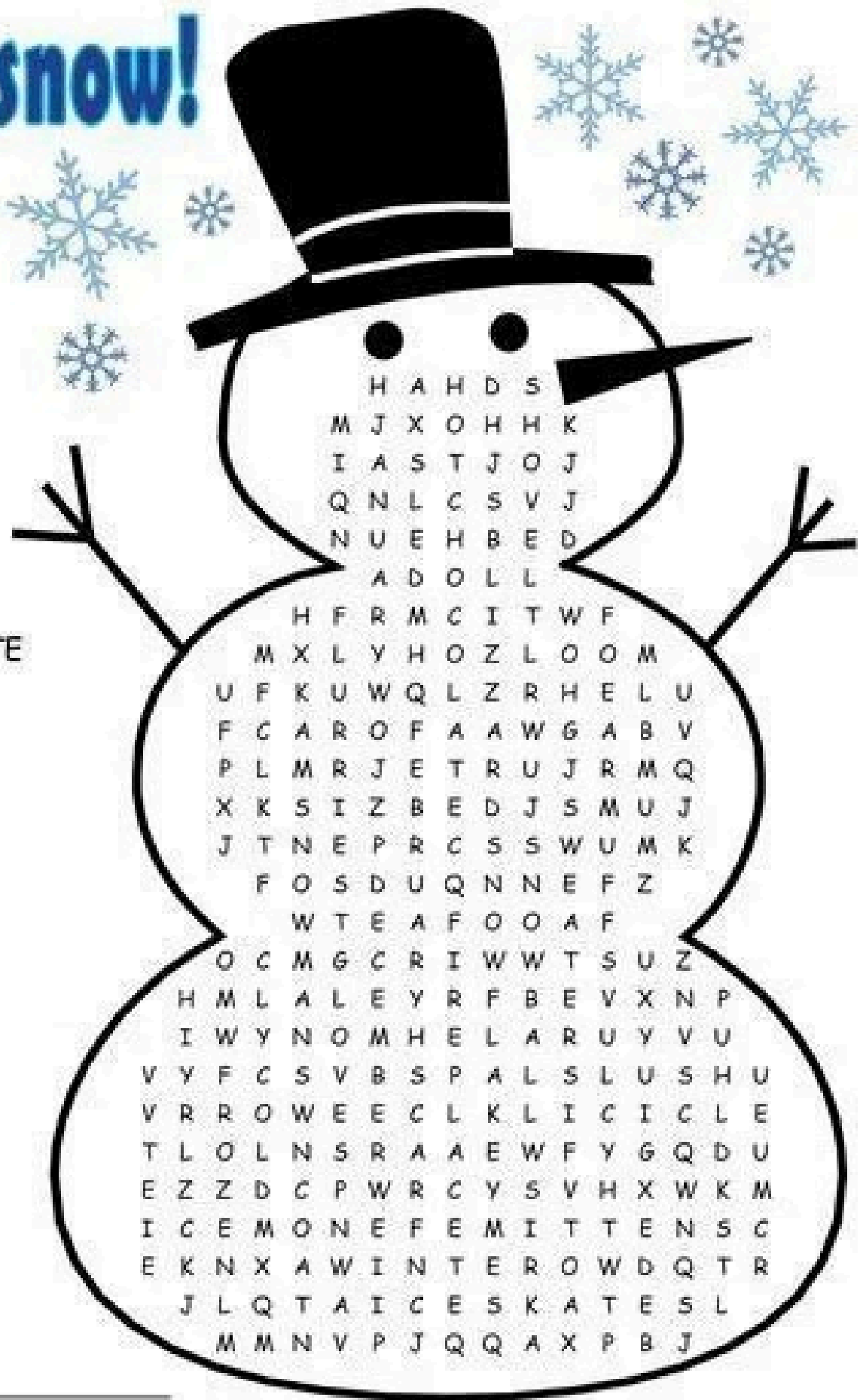
Grief Support Group

**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.

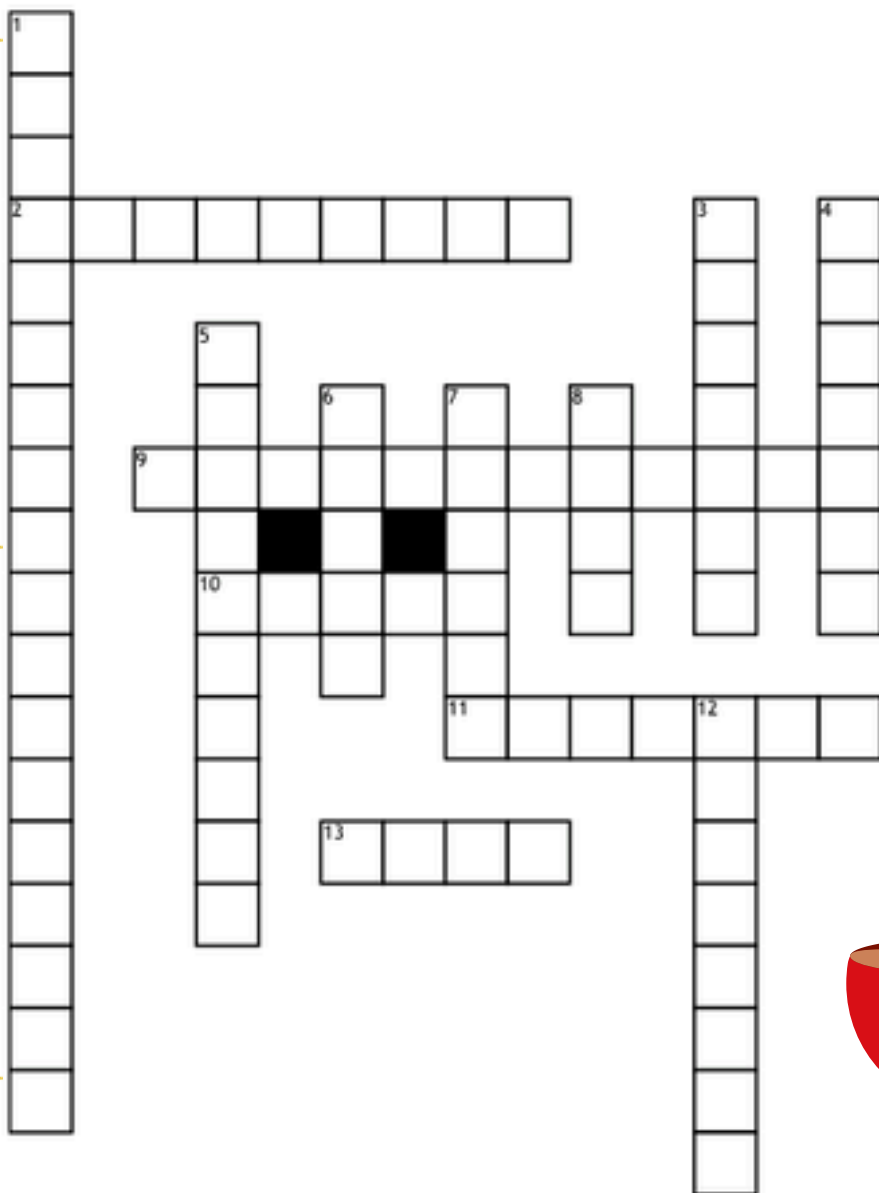
Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

January Crossword Puzzle



Across

2. How many days are in January?
 9. What do you drink when it is cold outside?
 10. Day of the month New Years is on
 11. Something you build when it snows
 13. How the weather feels during the winter

Down

1. I have a drea
 3. Month New years is in
 4. Used to keep your hands warm in the cold
 5. Soft pieces of frozen water that fall from the sky
 6. Something that keeps your neck warm

7. There are 12 of these in a year
 8. What do you eat when its cold?
 12. What you are waiting for on New Years Eve



31
DAYS IN THE
MONTH



National
Puzzle
Day
Elvis
Presley's
Birthday



Martin
Luther
King Jr.
Day



Carnations
January
Flowers



The
Coldest
Month
of The
Year

JANUARY



FUN FACTS

National

National
Penguin
Day

Popcorn
Day



Garnet
Birthstone



Eating Black
Eyed Peas on
New Years
Day is Good
Luck



National Hot
Chocolate
Day



National
Rubber
Duck
Day



National
Spaghetti
Day

Thank
you!

National Soup
Month



National
Book
Month



National
Thank
You Month



1st Month
of The
Year



The
Tournament of
Roses Parade
has run since
1890.

Astrology Signs



Capricorn



Aquarius



MADEWITHHAPPY.COM

Peer Advice:

The New Year has begun! It's time to leave the past behind you and focus on a fresh start. Don't be afraid to start over and eliminate the negative things in your life. This is your chance to move forward with some new goals in mind. Just make sure your goals are achievable. Your goals should be something that you are willing to put in effort for everyday. Something that will make you happy and enjoy life. Find things to help boost your mood and encourage you to dive into the New Year with positivity. The start of the New Year gives you another chance to try again. This time, take what you have learned and continue working on yourself.



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!!

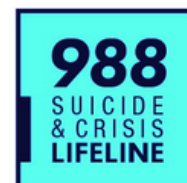
WARMLINE #315-437-3300



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 Peerspectives 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 Peerspectives is a program of:

Access CNY
Community | Possibility | Success

Unique Peerspectives & CSS – January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Center is Closed	2 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Expressing Yourself Through Music	3 11:15am Tea Please 12:00pm Game Time 12:30pm – 3:30pm Adventure Group Coffee Hour at Biscotti's Café (CSS) 2:00pm – 3:00pm
6 11:00am Women's Support Group 12:00pm Abnormal Sensory Perception Peer Support Group 1:00pm Mindfulness (CSS) 2:00pm Coloring Relaxation Group	7 11:00am Self-Support Group 12:00pm Men's Support Group 1:00pm Arts & Crafts 2:30pm Computer Skills Class	8 11:00pm General Support Group 12:00am Meditation Time 12:30pm Peer Meeting & Birthday Celebration 1:00pm Senior Lunch-in 2:00pm Cooking with the Program Manager 3:00pm Yoga (CSS)	9 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Expressing Yourself Through Music	10 11:15am Tea Please 12:00pm Game Time 12:30pm – 3:30pm Adventure Group
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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-Support Group

Tuesdays

11:00am – 12:00pm

Learning how to support ourselves is one of the most vital parts of the recovery process. In this group we will provide different strategies on how to support ourselves along our individual healing journeys. We will explore workbooks focusing on different methods of supporting ourselves and cover topics such as Self-Compassion, Self-Esteem, Self-Confidence, and more. Join us as develop skills to better ourselves.

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. Make sure to be on time to this group as there are only ten spots available.

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 (2nd Wednesday in January)

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 (3rd Wednesday in January)

1:00pm – 2:00pm

Neuro-divergence is another word for people who have Attention Deficit Hyper-activity Disorder (ADHD), Autism Spectrum Disorder (ASD), or any disorder that impacts how our brain functions. This group is designed for people who have neuro-divergence, or who think they might be neuro-divergent. 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 start with a general topic related to neuro-divergence and we will then discuss how that topic relates to our own lives and we can then take turns sharing our experiences related to that topic. The goal of this group is to provide mutual support and validation for one another, and a safe space to learn about how neuro-divergence impacts our day to day lives.

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 Peerspectives at 802-7018 for more information.

Wellness Group (CSS)
3rd Wednesday of the month (4th Wednesday in January)
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 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. This also gives you time to get to know and understand the person who is in charge of the Unique Peerspectives program. Make sure to sign-up as there are only five spots available for this group.

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.

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 UP 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)

January 23rd

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

Fridays

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.

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**