

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM							
9:30 AM				COFFEE HOUR		COFFEE HOUR	
10:00 AM							
...	NO SCHEDULED GROUPS						
4:00 PM							
4:30 PM		STRESS HACKS	BACK TO (REAL) LIFE	EXPRESSIVE WRITING	WOMEN & NON-BINARY NETWORK	OPEN MIC	
5:00 PM							
5:30 PM						HEARING VOICES	
6:00 PM							
6:30 PM			PEER SUPPORT	PEER SUPPORT	PEER SUPPORT	PEER SUPPORT	
7:00 PM		ALTERNATIVES TO SUICIDE					
7:30 PM							
8:00 PM							
8:30 PM	PEER SUPPORT	PEER SUPPORT	PEER SUPPORT	PEER SUPPORT	PEER SUPPORT		PEER SUPPORT
9:00 PM							

CALL (914) 664-3434 OR (518) 235-2173 TO JOIN OUR GROUPS!

## ALTERNATIVES TO SUICIDE

**Time:** Mo 6:30pm

A safe, non-judgmental space to talk openly about our suicidal thoughts. This is a non-clinical setting without the goal of “fixing” anyone and a place where we can connect, support each other, and strategize ways to cope with life’s difficulties.

## BACK TO (REAL) LIFE

**Time:** Tu 4:00pm

A space to talk about positive ways we can be living beyond an “illness” mindset and get back into our communities!

## COFFEE HOUR

**Time:** We/Fr 9:00am

Let's help each other get started with our day! Share our goals, make each other laugh, or just chat about our lives. You're invited to share a cup of coffee/tea/whatever and enjoy some good morning conversation.

## EXPRESSIVE WRITING

**Time:** We 4:00pm

Using random 3-word prompts chosen by group members, our challenge is to harness our creativity to write something in 5 minutes. It can be a poem, paragraph, short story, journal entry, or anything you'd like. Sharing your writing with the group is optional.

## HEARING VOICES

**Time:** Fr 5:00pm

A place to explore voice hearing and other extra sensory experiences in order to better understand these experiences and live meaningful lives.

## OPEN MIC

**Time:** Fr 4:00pm

Happy Friday! Come share your talents and blow off some steam. Share music, art, written words, karaoke, whatever tickles your fancy!

## PEER SUPPORT

**Time:** Tu-Fr 6:00pm; Sa-Th 8:00pm

A virtual support group for people with lived experience in the mental health system, trauma survivors, or anyone else who wants to empathize and socialize with others in a positive, supportive environment.

## STRESS HACKS

**Time:** Mo 4:00pm

A place to talk about our challenges and the tools and techniques we can use to overcome them.

## WOMEN & NON-BINARY NETWORK

**Time:** Th 4:00pm

This space is dedicated to all women, transfeminine and transmasculine, nonbinary and genderqueer people, Two Spirit people, and all others of marginalized genders. Let's support, connect with, and better understand one another.