

What's UP?

UNIQUE PEERSPECTIVES June 2023 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



June Holidays

June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.

June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.

June 18 is Father's Day this year. Find activity ideas and learn about the history of Father's Day.

June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.

June 21 is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.

June 21 is National Indigenous Peoples Day (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.

June 24 brings Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve.

June 28 is the anniversary of the 1969 Stonewall Riots—a watershed moment for LGBT rights in the United States. To honor this event, June is designated as Pride Month.

IN THIS ISSUE

Holidays in June

Did You Know?

Groups & Clubs

Wellness Group

Group Reminders

Peer Highlight

Did you know?

June was called *sera monath* by the Anglo-Saxons, which translated into “dry month”.

No other month in the year begins on the same day of the week as June.

June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21st is the longest day of the year. If you live in the southern hemisphere, then the 21st is the shortest day of the year.

June has its own beetle named after it. Called the June beetle, or June bug, it's normally only found within the months of May and June in the United States of America.

The birth flowers of June are the honeysuckle and the rose. Both of these flowers are symbols of all things relating to love, desire, generosity, and affection.

June has three birthstones – alexandrite, moonstone, and pearl.

June is regarded as the National Iced Tea Month as well as the National Candy Month in the US.

Hybrid Support Groups*:

Women's Support Group

When: Mondays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1163495681>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 349 5681

Building Self-Esteem Support Group

When: Tuesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1159824971>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 982 4971

Mindfulness

When: Mondays from 1:00 p.m. – 2:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1157489312>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 748 9312

General Support Group

When: Wednesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1157829015>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 782 9015

Men's Support Group

When: Fridays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1151457553>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 145 7553

LGBTQIA+ Support Group

When: 3rd Thursday of the Month at 2:00 PM

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1162181622>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 218 1622

Dual Diagnosis Support Group

When: Fridays from 1:00 p.m. – 2:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1157489312>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 748 9312

*Hybrid groups just mean that our support groups are offered for in-person and virtual attendance

In-Person Only Groups:

Karaoke

When: 1st Monday each month: 12:00pm-12:30pm

Game Day

When: Mondays: 12:00pm-1:00pm

Movie Lovers Club

When: 1st Wednesday each month: 12:30pm-2:30pm

Peer Team Meeting / Birthday Celebration

When: 2nd Tuesday each month: 12:00pm – 1:00pm

Arts & Crafts

When: Tuesdays: 1:00pm – 2:00pm

Cook2Gether

When: 2nd Thursday each month: 1:00pm – 2:00pm

Tea Please

When: Thursdays: 10:00am-11:00am

Walking Group

When: Thursdays: 11:00am – 1:00pm

Music Group

When: Thursdays: 12:00pm – 1:00pm

Adventure Group

When: Fridays: 12:00am – 4:00pm



Arts & Crafts

Tuesdays at 1:00 P.M.

Don't forget about arts & crafts!

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 also be crafting material for the group.

This is a perfect group to attend if you want to discover your creativeness and become engrossed in the present!



Cook2Gether

Every 2nd Thursday

Cooking is back!

Come cook with us! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients, you do all the cooking...and eating.

There will be a recipe to follow and will receive guidance from staff if you need assistance.



Bowling

Friday, June 23rd from 1:00PM- 3:30PM

Please join UP and CSS in our bowling adventure! We will be going to Flamingo Bowl in Liverpool. The cost is 2.95 per game and there will be food available for purchase. Please arrive at 12:00pm at the latest. You can meet us at Flamingo or at Unique Peerspectives where we will transport everyone there.

Please call us at 315-802-7018 to reserve your spot.



Every 1st Wednesday of the Month

Please join Molly on her monthly Thrift Store trip. This month we are going to the Syracuse Valley Rescue Mission. We leave at 1:00.



Anger Management

Every Wednesday at noon

Everyone knows the feeling. It's that rage that rises when a driver is cut off on the highway or the feeling that you get when someone gets under your skin. People have trouble managing anger and other negative emotions. This group will help you learn how to cope with your anger and release it in a healthy way. You can turn anger into a positive emotion that passes quickly. If you have trouble with anger and knowing how to control it, this group may be for you. You can share your experiences with anger among other individuals that may have anger issues also. Work on yourself with others and join us for Anger Management group every Wednesday at noon.

Meditation

Mondays at 2:00pm



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!



WORD SEARCH

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

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL





Access CNY will be doing a Pride Flag
raising and social hour on June 1st at 9:30
A.M. located at 1603 Court St.

**Happy Pride
Month!**

PEER Highlight : Bruce Moyer

What do you do for fun? go to the movies
What is your favorite food? Sushi
Where would you like to go for vacation?
Switzerland
What was the last book you read? The Fabric
of the Universe

Do you prefer dogs or cats? dogs
What is your favorite restaurant? Eden
What is your favorite TV show? Blue Blood
What is your favorite pizza topping?
mushrooms



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	10:30 am – 4:30pm
Tuesday	9:30 am – 4:30pm
Wednesday	9:30am – 4:30pm
Thursday	9:30am – 4:30pm
Friday	11:00am – 4:30pm

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

CSS & Unique Peerspectives – June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00am Tea Please	11:00am Men's Support Group
			11:00am Walking Group	12:00pm Dual Diagnosis
			12:00pm Music Group	12:00pm – 4:00pm Adventure Group
			2:00pm Public Speaking	2:00pm Coffee Hour (Virtual)
5	6	7	8	9
11:00am Women's Support Group 12:00pm Game Day 1:00pm Mindfulness 2:00pm Meditation Hour	11:00am Self-Esteem Support Group 12:00pm Karaoke 12:30pm Peer Meeting & Birthday Celebration	11:00pm General Support Group 12:00pm Anger Management 1:00pm Thrift Store 3:00pm Yoga (CSS)	10:00am Tea Please 11:00am Walking Group 12:00pm Music Group 1:00pm Cook2Gether	11:00am Men's Support Group 12:00pm Dual Diagnosis 12:00pm – 4:00pm Adventure Group
12	13	14	15	16
11:00am Women's Support Group 12:00pm Game Day 1:00pm Mindfulness 2:00pm Meditation Hour	11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	11:00pm General Support Group 12:00pm Anger Management 3:00pm Yoga (CSS)	10:00am Tea Please 11:00am Walking Group 12:00pm Music Group 2:00pm LGBTQIA+ Support Group	11:00am Men's Support Group 12:00pm Dual Diagnosis 12:00pm – 4:00pm Adventure Group 2:00pm Coffee Hour (Biscotti's Café)
19	20	21	22	23
Center is going to be closed this day to recognize Juneteenth.	11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	11:00pm General Support Group 12:00pm Anger Management 3:00pm Yoga (CSS)	10:00am Tea Please 11:00am Walking Group 12:00pm Music Group	11:00am Men's Support Group 12:00pm Dual Diagnosis 12:00pm – 3:30pm Bowling At Flamingo
26	27	28	29	30
11:00am Women's Support Group 12:00pm Game Day 1:00pm Mindfulness 2:00pm Meditation Hour	11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	11:00pm General Support Group 12:00pm Anger Management 3:00pm Yoga (CSS)	10:00am Tea Please 11:00am Walking Group 12:00pm Music Group	11:00am Men's Support Group 12:00pm Dual Diagnosis 12:00pm – 4:00pm Adventure Group

Community Support Services/Unique Peerspectives
AccessCNY

Women's Support Group

Mondays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1163495681>

Or call 315-671-1981 US to join by phone.

Meeting ID: 116 349 5681

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

Game Day

Mondays

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!

Molly Mac Gregor 315-218-0803 for more information.

Mindfulness

Mondays

1:00pm – 2:00pm

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

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call to join by phone 315-671-1981

Meeting ID: 115 782 9015

Call Alexia Klapan at 315-218-0848 or Kerri at 315-218-0849 for more information

Scribblers (CSS)

Monday the 24th

3:00pm – 4:00pm

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!*

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157135006>

Or Call: (315)-671-1981 and enter meeting ID at the prompt.

Meeting ID: 115 713 5006

Call Alexia Klapan at 218-0848 for more information

Karaoke

Tuesdays

12:00pm – 1:00pm

UP will host a Karaoke session where you can dance and record a personal recovery message to share on the UP Facebook page.

Dancing is known to elevate your mood!

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

Self-Esteem Support Group

Tuesdays

12:00pm – 1:00pm

Feeling down on yourself? Want more confidence? Many of us deal with low self-esteem and all the hardships that come with it. Let's change that together and live out our dreams!

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1159824971>

Or call 315-671-1981 to join by phone.

Meeting ID: 115 982 4971

Unique Peerspectives at 802-7018 for more information.

Peer Team Meeting/Birthday celebration

3rd Tuesday of each month

12:30pm – 1:30pm

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/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 current month. Cupcakes and ice cream will be served!

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 also be crafting material for the group.

Jennifer Chandler at 218-0806 for more information

General Support Group

Wednesdays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157829015>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 782 9015

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

Anger Management

Wednesdays

12:00pm – 1:00pm

Everyone knows the feeling. It's that rage that rises when a driver is cut off on the highway or the feeling that you get when someone gets under your skin. People have trouble managing anger and other negative emotions. This group will help you learn how to cope with your anger and release it in a healthy way. You can turn anger into a positive emotion that passes quickly. If you have trouble with anger and knowing how to control it, this group may be for you. You can share your experiences with anger among other individuals that may have anger issues also. Work on yourself with others and join us for Anger Management group every Wednesday at noon.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1156300655>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 630 0655

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

Public Speaking

1st Wednesday of each month

3:00pm – 4:15pm

Join us at UP to go over communication styles, improve on your speaking and meet a special guest from Toastmasters International! We will have more groups like this to come.

Katie Flaherty at 315-218-0800 for more information.

Yoga

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, 500 W. Onondaga St.!!!* The virtual option will still be available.

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 Alexia Klapan at 218-0848 for more information.

Movie Lovers Club

1st Wednesday of each month

12:30pm – 2:30pm

Do you like movies? How about documentaries? We offer you both! If you have recommendations, we're all ears. Our TV room has all the essentials for movie lovers such as yourself, including free popcorn! Limited seating, so sign up on the bulletin board.

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

Public Speaking Workshop

1st Wednesday of each month

2:00pm – 3:00pm

Join us at UP to go over communication styles, improve on your speaking and meet a special guest from Toastmasters International! We will have more groups like this to come.

Katie Flaherty at 315-218-0800 for more information.

Thrift Shopping

1st Wednesday of each month

12:00pm – 2:00pm

Please join us on a trip to a local thrift store. We will be going after General Support at 12:00. If there is enough interest I will arrange other trips. So, please sign up!!!

Molly MacGregor at 315-218-0803 for more information

Cook2Gether
2nd Thursday of each month
1:00pm – 2:00pm

Come cook with us! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients, you do all the cooking...and eating. There will be a recipe to follow and will receive guidance from staff if you need assistance.

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

Walking Group
Every Thursday
11:00am – 1:00pm

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.

LGBTQIA+ Support Group
3rd Thursday of each month
2:00pm – 3:00pm

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+

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1162181622>

Or call 315-671-1981 US to join by phone.

Meeting ID: 116 218 1622

Call UP at 315-802-7018 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.

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

Music Group
Thursdays
11:00am – 12:00pm

Do you love listening to music? UP offers a 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 for the group to listen to. 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

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1151457553>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 145 7553

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

Dual Diagnosis
Fridays
12:00pm – 1:00pm

Do you have a mental health diagnosis and a substance use disorder? If you find yourself trying to understand a dual diagnosis and how to cope with your symptoms, this group may be for you. Additionally, if you have friends/family with a dual diagnosis and would like a better understand, this group can help with that also.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call 315-671-1981 US to join by phone.

Meeting ID: 116 030 5509

Jennifer at 315-218-0806 for more information

Coffee Hour (virtual)
First Friday of each month
2:00pm – 3:00pm

Please join us for our *virtual* Coffee Hour for an opportunity to socialize and update everyone on what has been going on in your life!

To join, click the link: <https://buvideo.accessionmeeting.com/j/1157768381>

Or call 315-671-1981 to join by phone.

Meeting ID: 115 299 6575

Call Alexia Klapan at 218-0848 for more information.

Coffee Hour (Biscotti's Café)

Third Friday of each month

2:00pm-3:00pm

Biscotti's Café

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 Alexia Klapan at 218-0848 for more information.