



What's UP?



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



Borderline Personality Disorder Awareness Month

In the U.S., Borderline Personality Disorder Awareness Month is observed in the month of May. It is dedicated to spreading awareness, encouraging people to not hesitate in getting help, and ending the stigma that surrounds borderline personality disorder. For those who are unaware of the condition, borderline personality disorder is a mental illness that is characterized by difficulty managing self-image, moods, and behavior. People with this condition experience intense phases of depression, anxiety, and anger that can last from some hours to days. Before 1980, borderline personality disorder (BPD) was not officially diagnosable. The term 'borderline' was developed by Adolf Stern, a New York-based psychoanalyst in 1938. He used this word because he believed that the condition was on the borderline between psychosis and neurosis. Borderline personality disorder (BPD) is also known as emotionally unstable personality disorder (EUPD).

BPD's symptoms include risky behaviors like reckless driving and substance abuse, suicidal tendencies, mood swings, feelings of emptiness, out-of-control anger, continuous efforts to prevent real or imagined abandonment, and stress-based paranoia. The causes of BPD can be one of three things: genetics (parental), neurobiological changes (functional and structural changes in the brain's areas that control impulses and emotions), and external factors (history of trauma, like physical- and emotional abuse).

Therapy methods like cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and mentalization-based therapy (MBT) are effective in treating BPD. However, since the roots of the disorder lie in feelings of loneliness and fear of abandonment, family members and friends also play a crucial role.

How can you observe BPD month? You can celebrate the strengths of the person. Encourage people with BPD to not hide but come out and talk about what they are going through. Celebrate their strengths to make them feel free. Encourage people with and without BPD. Encourage the people in your neighborhood to reach out to those with BPD. Promote their strengths and turn the challenges they face into a language of strength. You can also watch movies and read about BPD to make you and others aware of the signs and symptoms.

Over 14 million Americans have been diagnosed with BPD. The rate at which BPD individuals commit suicide is 400 times that of the general population. BPD is the third leading cause of death among women aged 15 to 24. Due to its nature, BPD is sometimes called "the untreatable disorder." Through increased awareness and understanding, we can support and improve the lives of those living with BPD. Living with Borderline Personality Disorder (BPD) can be a challenging experience. Do not be afraid to ask for professional help as this can be essential for people with BPD.

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Did You Know?

May 27th is Memorial Day. Don't forget that the center will be closed this day!

The birthstone of May, the emerald, symbolizes success and love.

May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

"May" is likely named after the Roman goddess Maia, who oversaw the growth of plants.

May 1 is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region.

May 12 is Mother's Day— Do you have something planned to show appreciation for your mother?

May's full Moon, called the Flower Moon, appears on Thursday, May 23

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/1169681765>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 968 1765

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/1166083369>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 608 3369

Mindfulness Group

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/11633113815>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 331 3815

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/1153757449>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 375 7449

LGBTQIA+ Support Group

When: Thursdays from 11:00am - 12:00pm

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1157351737>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 1157351737

In-Person Only Groups:

Karaoke

When: Tuesdays 12:00pm-1:00pm

Game Time

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

Peer Team Meeting / Birthday Celebration

When: 2nd Tuesday each month 12:30pm – 1:00pm

Arts & Crafts

When: Tuesdays 1:00pm – 2:00pm

Tea Please

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

Walking Group

When: Thursdays 11:00am – 2:00pm

Music Group

When: Thursday 1:00pm – 2:00pm

Adventure Group

When: Fridays 12:30am – 4:00pm

Cook2Gether Group

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



©Gooseberry Patch





GED Study Group

**Wednesdays at
3:00 P.M.**

Whether you are almost ready for the test, have been studying for a while, or just getting started, join our GED study group. We will NOT be teaching material but instead offer a time to study as a group and have some of your questions answered. We will be providing resources for you to study too.



Managing my Emotions

**Thursdays at
12:00pm**

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, not threatening way.

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



Academy of Peer Services Study Group

Thursdays at 2:00 P.M.

Have you ever wanted to become a peer specialist? If so, we have a time available for you to start working on the Academy of Peer Services courses. Come work on getting your certification. We will have a quiet space with computers to use. Staff will be available to answer any questions you may have while you are working.



Music Group is moving to 1:00 P.M. on Thursdays



Peer Run Group

Please join us on **Wednesdays at 1:00 P.M. (except for the 3rd Wednesday of every month as that is Wellness Group)**. This is a peer run group and you get to decide the topic that you want to present for the hour.



Mindful Movement

**Tuesdays at
10:00 A.M.**

Time to wake up and get the blood flowing! Join us for light exercises to get healthier and have fun. No matter your physical ability you are welcome.



Meditation Time

**Wednesdays at
10:00 A.M.**

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!

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

MERRY MONTH OF MAY

Word Search

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

BASEBALL

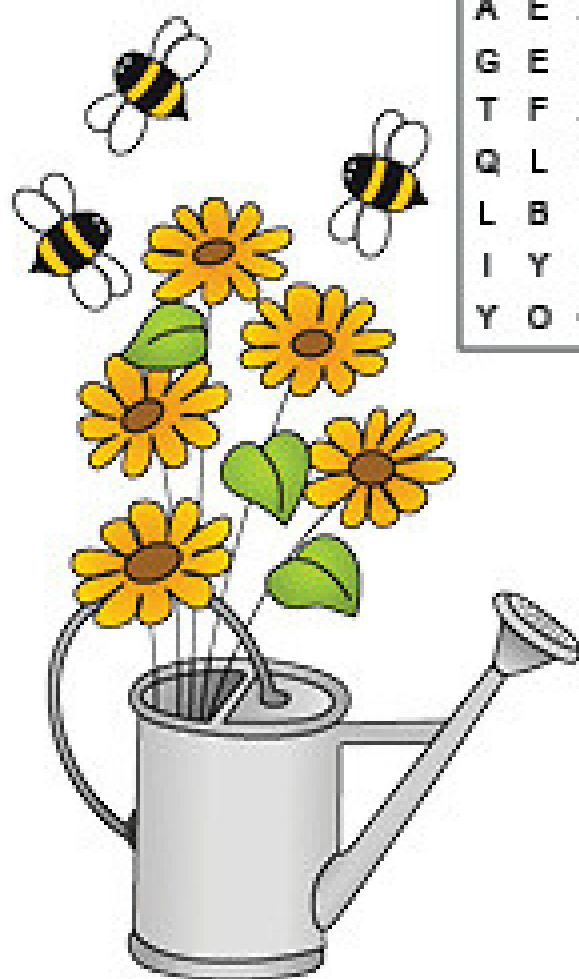
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

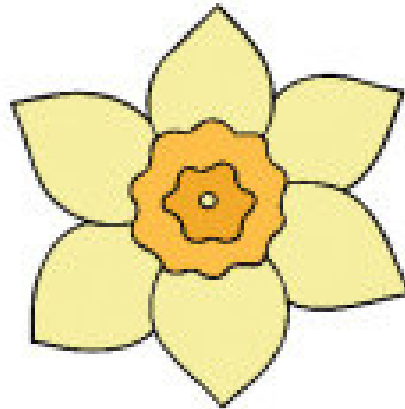
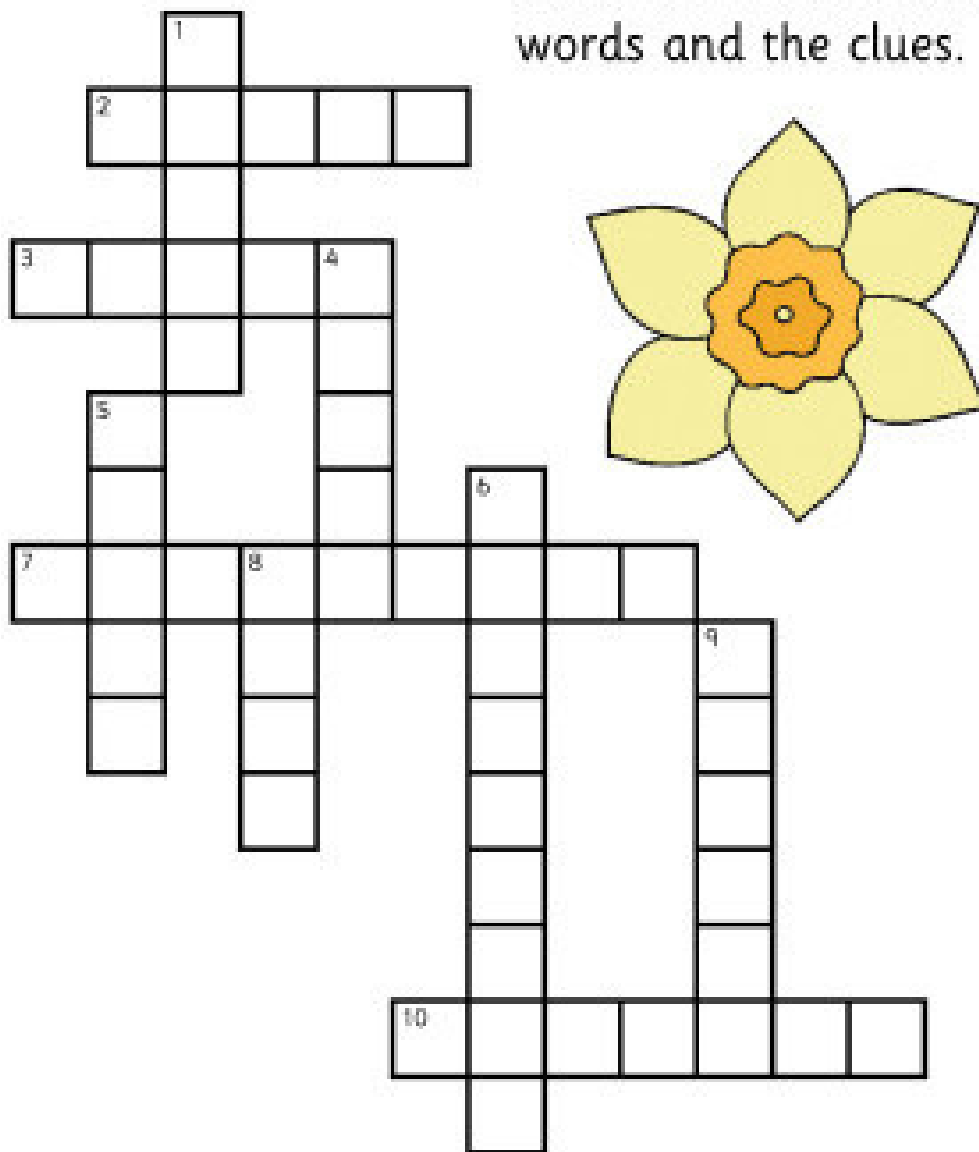
SUNSHINE

TAURUS

TEACHER

Spring Crossword

Solve the crossword using the list of words and the clues.



blossom
chicks
daffodils
daisy
frogspawn
grow
lambs
March
nests
seeds

Across

2. Baby sheep born in spring.
3. Birds build these to lay eggs in.
7. You might see this in ponds in spring.
10. Pink and white flowers that grow on trees.

Down

1. Flower which you can make in to chains.
4. We plant these to grow fruit and vegetables.
5. A spring month.
6. Yellow spring flowers.
8. Plants start to _____ in spring.
9. Baby birds are called _____.

31

**DAYS IN THE
MONTH**

**National
Pet
Month**



**Mother's
Day**



**Lily of The
Valley**



**Emerald
Birthstone**



**BBQ
Month**

MAY

FUN FACTS



Memorial Day

Spring



**Cinco
De Mayo**



Astrology Signs



Taurus



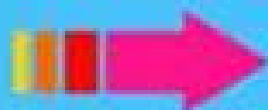
Gemini



**Kentucky
Derby**



**th Month
of The Year**



MADEWITHHAPPY.COM

Peer Highlight : Dawn Kohler



What do you do for fun? I enjoy going on nature walks & spending time with family
Where would you like to go for vacation? Beaches & any bodies of water
Where did you grow up? Syracuse, NY

Do you prefer dogs or cats? Dogs
What is your favorite snack? Popcorn
What is your eye color? Brown
What is your favorite pizza topping? Mushrooms
What do you have to say about UP? Everyone that works here is very compassionate & kind. There are great support groups at UP.



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

Unique Peerspectives & CSS – May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00am Meditation Time 11:00pm General Support Group 1:00pm Peer Run Group 2:00pm Cook2Gether 3:00pm GED Study Group 3:00pm Yoga (CSS)	2 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Music Group 2:00pm APS Study Group	3 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group 2:00pm Coffee Hour (Virtual)
6 11:00am Women's Support Group 12:00pm Abnormal Sensory Perception Peer Support Group 1:00pm Mindfulness 2:00pm Coloring Group	7 10:00am Mindful Movement 11:00am Building Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts 2:30pm Computer Skills Class	8 10:00am Meditation Time 11:00pm General Support Group 1:00pm Peer Run Group 2:00pm Cook2Gether 3:00pm GED Study Group 3:00pm Yoga (CSS)	9 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Music Group 2:00pm APS Study Group	10 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group
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20 11:00am Women's Support Group 12:00pm Abnormal Sensory Perception Peer Support Group 1:00pm Mindfulness 2:00pm Coloring Group	21 10:00am Mindful Movement 11:00am Building Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts 2:30pm Computer Skills Class	22 10:00am Meditation Time 11:00pm General Support Group 1:00pm Wellness Group (CSS) 2:00pm Cook2Gether 3:00pm GED Study Group 3:00pm Yoga (CSS)	23 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Music Group 2:00pm APS Study Group	24 UP's Annual Memorial Day Cookout (located at the outside patio)
27 Center is closed for Observance of Memorial Day	28 10:00am Mindful Movement 11:00am Building Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	29 10:00am Meditation Time 11:00pm General Support Group 1:00pm Peer Run Group 2:00pm Cook2Gether 3:00pm GED Study Group 3:00pm Yoga (CSS)	30 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Managing my Emotions 1:00pm Music Group 2:00pm APS Study Group	31 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Bowling at Flamingo

Unique Peerspectives / Community Support Services

Access CNY

Women's Support Group

Mondays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1159436826>

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

Meeting ID: 115 943 6826

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.

To join please type the link into your URL: <https://buvideo.accessionmeeting.com/j/1154114716> or come join us in-person at 572 South Salina Street.

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: 115 748 9312

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

Coloring Group

Mondays

2:00pm – 3:00pm

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 other pictures for you to color.

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

Scribblers (CSS)

Monday the 20th

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.

Mindful Movement

Tuesdays

10:00am – 11:00am

Time to wake up and get the blood flowing! Join us for light exercises to get healthier and have fun. No matter your physical ability, you are welcome.

Building Self-Esteem Support Group

Tuesdays

11:00am – 12:00pm

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/1165459660>

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

Meeting ID: 116 545 9660

Call Unique Peerspectives at 802-7018 for more information.

Karaoke

Tuesdays

12:00pm – 1:00pm

UP will host a Karaoke session every week where you can dance and sing like no one else is watching. Dancing and singing are known to elevate your mood! Come join us and have some fun.

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

Peer Team Meeting/Birthday celebration

2nd Tuesday 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.

Contact UP at 315-218-0806 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

Meditation Time

Wednesdays

10:00am – 11:00am

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

General Support Group

Wednesdays

11:00am – 12:00pm

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: 115 748 9312

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

Peer Run Group

Wednesdays

1:00pm – 2:00pm (except for the 3rd Wednesday which is Wellness Group)

This is a peer run group and you get to decide the topic that you want to present for the hour. Whether the topic is something you would like to teach or simply something you would like to have a group discussion about, you get to decide. So bring your great ideas and we can schedule you in for this group.

Cook2Gether
Wednesdays
2:00pm – 3:00pm

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 you will receive guidance from staff if you need assistance.

Call Jack Dunn at 315-802-7018 for more information.

GED Study Group
Wednesdays
3:00pm – 4:00pm

Whether you are almost ready for the test, have been studying for a while, or just getting started, join our GED study group. We will NOT be teaching material but instead offer a time to study as a group and have some questions answered. We will be providing resources for you to study too.

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, 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 Alexia Klapan 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.

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+

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 Jack Dunn 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.

Music Group

Thursdays

1:00pm – 2:00pm

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

Academy of Peer Services Study Group

Thursdays

2:00pm – 3:00pm

Have you ever wanted to become a peer specialist? If so, we have a time available for you to start the Academy of Peer Services courses. You can work on getting your certification. We will have a quiet space with computers to use. Staff will be available to answer any questions you may have while you are working.

Men's Support Group

Fridays

11:00pm – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157032789>

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

Meeting ID: 115 703 2789

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!

Please contact 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, 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 (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.