

PEPP CONNECTIONS PROGRAM DETAILS

July 2017

A special welcome to our summer students, Kendra and Cassandra who will be with us all summer long. Feel free to pop by and come say hi to them... they will be working out of the employment office.

***** NEW! Dance and Groove group Thursdays from 1:30-3:30 PM**

Come 'dance and groove' with us on Thursdays starting **July 6, 1:30-3:30**. This program gives individuals the opportunity to express themselves through movement with dance. Each week we will be learning different dance steps and working towards a final dance routine. This is a great chance for individuals to learn a new skill in a friendly and fun environment. We are open to suggestions and creativity is encouraged. No experience needed!

*****NEW! ENERGY BREAK @ the YMCA Wednesday at 11:00 AM -12:00 noon**

Come out and try this group workout in partnership with CMHA that incorporates cardiovascular endurance, resistance, training, and flexibility. Improve mental and physical well-being while meeting others. Please meet in the lobby at the YMCA on Waterloo Street (382 Waterloo Street) at 10:45 AM, you are also welcome to stay and join us for our drop in open gym time from 12:00-1:00 PM.

***** NEW! YOGA on the Green July 11, 18, 25 from 6:00-7:00 PM(weather permitting)**

Join us for an evening of YOGA on (Wortley Road and Duchess Ave. under the trees in Old South-please meet us at the event site). Please look for our amazing summer staff Cassandra and Kendra. Don't forget to bring a water bottle and comfortable clothing.

***** NEW! Movie Night at Victoria Park on Thursday July 27 from 9:00-11:00 PM**

Meet Kendra and Cassandra at the Victoria Park Band Shell for a movie in the park. Feel free to bring a blanket or lawn chair to sit on.

*****NEW! Passport to Success July 24, 25, 26 and 31, 2017 from 10:30-11:45**

Passport to Success is a PEPP workshop series designed to help you to improve your learning skills so that you can reach your academic goals. Each workshop will focus on a different topic related to school. If you attend 5 or more workshops, you qualify for a Passport to Success Certificate which may be used towards a high school maturity credit or put on your resume. This is a drop in group; there is no need to register. Please contact Jill or Erica for more information.

PEPP Parent Support Group-Wed. July 19, 2017 from 7:00-9:00 PM

Come out and talk with other families in a supportive environment. The PEPP Parent Support Group meet the 3rd Wednesday of each month at CMHA on 534 Queens Ave entrance on William Street. All parents and families are welcome to attend.

WOMEN'S GROUP- Wednesday July 12, 2017 from 1:00-3:00 PM

Women's group runs the **second Wednesday** of the month from **1:00-3:00 P.M.** (*unless otherwise specified*). Join us this month for a special group where we will continue to work on a special quilt project. Refreshments will be served.

*****TIME CHANGE DROP IN @ THE YMCA Wednesday at 12:00-1:00 PM**

Every Wednesday head out to the downtown YMCA on (382 Waterloo St.) Waterloo and King St. Come join in on for a game of basketball, soccer, volleyball, go for a swim or hot tub, or just come for a work out, weight training, low intensity cardio exercises, and get into energized! Please meet at the YMCA, at **12:00 noon**, say you are with PEPP and the desk will let you in. Staff from PEPP will NOT always be present. Please bring a water bottle, comfortable shoes, and a lock for the locker room, and comfortable clothing to exercise in. For those who want to go swimming please be sure to bring your bathing suit and towel. This group is for outpatients only unless otherwise arranged with Josie.

*****Basketball*** Drop in Fridays at the Parkwood Institute gym with Jeff 1:00-2:30 PM**

Come out for a friendly game of basketball on Friday's at Parkwood institute gym (550 Wellington Rd) for outpatients only and meet at Parkwood.

In House Librarian- Tuesday July 4, from 2:30-4:00PM

Drop by the PEPP library the first Tuesday of the month from 2:30-4:00 PM and come have a chat or bring any questions you may have to our PEPP librarian.

WELCOME TO PEPP Thursdays from 10:30-11:30AM

Calling all new comers to PEPP! Welcome to PEPP provides a friendly and accepting environment for all new clients of PEPP. This group provides simple and low stress activities to enhance your social, emotional and cognitive functioning and to work towards your personal goals. This will be a small group for new clients of PEPP or clients that have relapsed and want to join us for a quiet morning of conversation, support and questions about your recovery or questions about PEPP. Please come out and meet us in the PEPP group room light refreshments will be served.

RAP GROUP (RECOVERY, ACTIVITY, & PARTICPATION)

RAP group provides a friendly and accepting environment for all members. You, along with other group members, will decide on activities you would like to do each week. Activities include crafts, games, poker/cards, cooking, life skills, nutritional information, etc. This is a large social drop in group and everyone is welcome to attend!

RAP takes place in the PEPP group room. **Tuesdays from 1:00-2:30 PM**

MUSIC GROUP "JAM" NIGHT WITH MARC Thursday July 6 and 20 from 6:00-8:00 PM

A musical night to share with others. Come "Jam" with us, bring your guitars, drums, bongos, etc. and join other fellow musicians or just come out to watch and listen. Everyone is welcome to join in and come out and listen and have a fun night. Please meet in the PEPP kitchen.

ART GROUP WITH MELISSA *Wednesday July 26 from 1:00-2:30**

Whether you enjoy art, photography, or want to learn more about art, or just come hang out and come be creative with us! Please feel free to come and join us for a fun afternoon.

PEPP PEER GROUP with Jesse and Alex Tuesday July 18, from 2:30-3:30

The PEPP Peer Group is a group for peers, facilitated by peers that do not always want to discuss issues with friends, parents, doctors, counsellors etc. The Peer Group is a place where you can be yourself without fear of criticism. Come and enjoy the company of people who are going through some of the same things you are. The PEPP Peer Group has 3 primary goals: to educate, to support and to have fun! We usually try to meet monthly.

MONDAY REC GROUP ACTIVITIES:

Every Monday we will have a special Rec. Group activity (excluding holidays). Come join us for a different rec. activity every week. Rec. Group usually takes place from **1:00-3:00 PM** *unless otherwise specified*. Check out all the fun activities this month:

Monday July 3 – *CLINIC CLOSED NO GROUPS TODAY!*

*****Monday July 10*****– Join us for an adventure at the amazing **Eco Park**. We will take a bus to and from the park and enjoy an afternoon of beach volleyball, fishing, soccer, baseball, hiking, BBQ and more. Feel free to bring your own fishing poles. If you prefer to meet us at the park it is located on Medway Road off of Clark Side Road. Maps are also available at PEPP (15889 Medway Road). **The bus leaves PEPP at 11:30 AM** and we will return back to PEPP close to 3:30 PM.

Monday July 17–. Join us for a fun afternoon of indoor beach Volleyball at Spikes (120 Weston). We will walk from PEPP at 1:00 PM or meet us at Spikes at 1:20 PM.

Monday July 24– Join us for an afternoon of floor hockey. We will walk over to use the gym at Parkwood institute (550 Wellington Road). Meet at PEPP at 1:00 PM or over in the lobby at Parkwood Institute at 1:20 PM.

Monday July 31–. Come cool off and join us for an afternoon movie and popcorn at PEPP. Please meet in the PEPP/kitchen group room.

INDIVIDUAL REC. ACTIVITIES

Groups are not for you but you would still like to get out for a walk, go to the gym, out for a coffee/tea, join a course, play cards, do crafts, paint, cook etc. Give me a call and we can set up some individual one-on-one activities. **Call Josie at 519-685-8500 Ext. 74746.**