

## **PEPP CONNECTIONS PROGRAM DETAILS**

**March 2017**

### **Y.E.S GROUP (Youth Education and Support Group "CANCELLED")**

#### **\*NEW!\* Substance Use Group\*Must be registered Fridays from 1:00-2:00 pm**

This group is for clients who are interested in exploring their substance use, and how it impacts their lives. Topics of discussion may include: Why people use, triggers and cravings, harm reduction, relapse prevention, media, and support networks. The Concurrent Disorders Social Worker will be co-facilitating. **Fridays from 1:00 to 2:00 PM in the PEPP group room.** Each week a different topic will be covered.

#### **\*NEW!\* VOICE HEARERS GROUP (January – March, Mondays 3:30-4:30PM)**

Do you hear voices that bother you? You are not alone! This group is for all voice hearers who want to connect with other people who hear voices, share their story, and learn new ways to cope with and control their voices. This is a small, friendly, and non-judgmental group to help you feel less alone and learn useful information about how to manage your voices. Starting in January, we will meet weekly for 10 weeks on **Mondays from 3:30 – 4:30pm.** Registration is required for this group.

#### **ROCK TALK Thursdays from 2:30-4:00 PM**

Rock Talk is designed to assist individuals in identifying that they have emotions and that sometimes those emotions are difficult to express. This will be an **8 week** group fusing emotions and music. This group will be limited to 12 participants combined with PEPP and CMHA participants. **CMHA- 534 Queens Avenue.** I will be in the lobby at CMHA Queens Ave. waiting for everyone to arrive.

#### **PEPP Parent Support Group-Wed. March 15 from 7:00-9:00 PM**

Come out and talk with other families in a supportive environment. The PEPP Parent Support Group meet the 3<sup>rd</sup> 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 March 8, 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 begin to work on a special quilt project. Refreshments will be served.

#### **HEALTHY LIVING GROUP-YMCA**

**Every Wednesday** we head out to the downtown YMCA on (382 Waterloo St.) Waterloo and King St. Come join us 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 shape with us! Please meet at the PEPP clinic by **2:00 PM** if you require transportation we do encourage everyone to meet us at the YMCA, at **2:30 PM** in the lobby area. 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. We do encourage people to meet us at the YMCA to save on cab fare.

#### **\*\*\*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 March 7, 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 March 9 & 23 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 March 29 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 Tuesday March 7 & 21, 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 March 6**– Join us for an afternoon of fun and games day at PEPP. Please meet in the kitchen area.

**Monday March 13** – Join us for movie and popcorn at PEPP. Please meet in the PEPP kitchen/group room.

**Monday March 20**– 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 March 27**– 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

### **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.**