

## **PEPP CONNECTIONS PROGRAM DETAILS** **SEPTEMBER 2017**

### **NEW! MOOD WALKS Hiking Group Begins Wednesday September 20, 2017 from 1:00-2:00**

The Mood Walks program promotes both physical and mental health by reducing barriers and creating new opportunities in a natural outdoor environment. Anyone interested must attend a mandatory “**Lunch and Learn**” session on **Wednesday September 20, 2017 from 1:00-2:00 PM** (lunch will be provided). Hikes will take place on **Wednesday mornings from 10:00-11:30 AM**. The Mood Walks group session will end on **Wednesday October 25, 2017**. Registration is required for this group.

### **\*NEW! VOICE HEARERS GROUP starting on Monday September 20 from 3:30-4:15 PM**

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 on September 20, 2017, we will meet weekly for 8 weeks on **Mondays from 3:30 – 4:15pm**. Registration is required for this group.

### **\*\*\*NEW! Dance and Groove group Thursdays from 1:30-3:00 PM**

Come 'dance and groove' with us on Thursdays from **1:30-3:00**. 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 1:00-2:30 PM.

### **Clothing Giveaway- The shirt off my Back event-Tuesday September 12, from 3:00-4:30PM**

Join us for a free shopping event come browse various donations and dress to impress. We will have clothing, shoes, coats and more all for free! Please meet in the kitchen/group room.

### **WOMEN'S GROUP- Wednesday September 13, 2016 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 an afternoon of tea and friendships. Refreshments will be served. Meet in the PEPP kitchen.

### **\*\*TIME CHANGE-Drop in at YMCA 1:00-2:30 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 **1:00 PM**, 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 September 5, 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 quite 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 September 7 & 21 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, we will meet on **Thursday September 7 & 21 from 6:00-8:00 PM** at PEPP. 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 September 27 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 Alex September 20, 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 September 4** –CLINIC CLOSED FOR LABOUR DAY HOLIDAY!

**Monday September 11**– Join us for an afternoon of fun and games, meet in the PEPP kitchen.

**Monday September 18** – Join us for a community Hike and cool off with some ice cream after the hike. Please dress comfortably, and bring a water bottle.

**Monday September 25**- 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.

**PEPP Parent Support Group-Wed. September 20 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. all parents and families are welcome to attend.

**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.**