

PEPP CONNECTIONS PROGRAM DETAILS

March 2018

*****NEW! SAFE FOOD HANDLING COURSE -Thursday March 15 from 10:00 AM-4:30 PM**

Come out and get certified in Safe Food Handling at PEPP! Safe Food Handling is becoming increasingly recognized as a mandatory training to work in the food service industry. Certificates are valid for 5 years and will be an excellent addition to your resume. Cost is \$10.00. Speak to Carleen at ext. 75430 about registering or about alternative payment options. Hope to see you there!

*****NEW! ENERGY BREAK @ the YMCA Wednesdays 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.

PEPP Parent Support Group-Wed. March 21 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. all parents and families are welcome to attend.

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. **No group on January 3, 2018**

*****Basketball***Drop in Fridays at the Parkwood Institute gym 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 6, 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 8 & 22 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, we will meet on **Thursday March 8 & 22 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.

WOMEN'S GROUP- Wednesday March 14 , 2018 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 guest and learn some sign language skills and enjoy some St. Patty Day themed snacks! Meet in the PEPP kitchen.

ART GROUP WITH MELISSA *Wednesday March 28 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 Tuesday March 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 March 5 – Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room area.

Monday March 12- Join us for an afternoon of fun and games at PEPP.

Monday March 19- Join us for a community hike and end with some ice cream.

Monday March 26- 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.**