

PEPP CONNECTIONS PROGRAM DETAILS

June 2018

NEW! MOOD WALKS Hiking Group Begins on Tuesday June 5, 2018

The Mood Walks program promotes both physical and mental health by reducing barriers and creating new opportunities in a natural outdoor environment. We will be partnering with CMHA and Parkwood. Please let us know if you will be attending.

June 5th: 11:00 AM-12noon Meet in front of Rhino at Museum London – 421 Ridout St N

June 12th: 9:00 AM -2:00 PM BUS TRIP: Meet at the plaza on the corner of Wellington & Commissioners – beside East Side Mario's **387 Wellington Rd *Hawk Cliff Woods – gardening. We have 2 giant raised beds to plant. We could also do a hike in the forest – the wild geraniums might still be flowering. *Bring a lunch.**

June 19th: 11-12pm Meet in front of Rhino at Museum London – 421 Ridout St N

June 26th: 9am-3pm BUS TRIP: Meet at the plaza on the corner of Wellington & Commissioners – beside East Side Mario's **387 Wellington Rd**
****Pinery – Grand Bend – Pinery's natural features are staggering – 2,532 ha (6,330 acres) in size; over 757 plant, 325 bird and 60 butterfly species to name just a few groups; a globally rare Oak Savanna ecosystem; freshwater coastal dunes; habitat for endangered species; and the largest protected forest in southwestern Ontario. Park staff will take us on a guided nature hike to learn about the local ecology of the sand dunes and forests in the park. Then we will have a picnic lunch and spend some time on the beach.***

"Start Me Up" Group-Thursdays from 10:30-11:30 AM

"Start me Up" is a group held on Thursday mornings in the PEPP kitchen. This group is intended for inpatient PEPP clients and outpatient PEPP clients who are new to PEPP (3 months or less). The group focuses on healthy nutrition, positive socialization, and therapeutic discussion relevant to one's early treatment and recovery from psychosis.

Belong to Song Drop in– Thursdays from 1:00-3:00PM

Come out to "My Sisters Place" - 566 Dundas Street East, and share a musical afternoon with others. Bring your guitars Bongos, etc. or use the key boards, piano, and electric drum set etc. Or just come out and listen! It is always a fun afternoon and everyone is welcome to attend. This is a community drop in group so PEPP staff may not always be present. ***The group does take place every Thursday we plan to attend on Thursday June 14 & 28, 2018 but feel free to attend on your own as well.***

Please use the parking lot level entrance behind the building & take the elevator to the 3rd floor.

Volunteer with us at Ronald McDonald House on Thursday June 21 from 7:30-9:30 PM

Ronald McDonald Houses provide families of sick children with a home to stay at while their child is being treated at a nearby hospital. Ronald McDonald Family Rooms also provide a comfortable place for families to rest and recharge, right inside hospitals. Our role on Wednesday will be "Baking for Families". We will be responsible for baking healthy snacks for the families and children who are staying at the Ronald McDonald House next week. Feel free to meet us for dinner first at Jam Night at 6:00 PM and we will head over for 7:30 PM.

** We will have an orientation and information session on Tuesday June 19 from 2:30-3:30 PM please sign up for this event sign-up will be outside Carleen's office.

ROCK TALK is back Thursdays from 2:30-4:30 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 a group fusing emotions and music. This group will be limited to 12 participants combined with PEPP and CMHA participants. **534 Queens Ave.-CMHA building!!! Please meet at CMHA group will take place upstairs in the attic room.**

*****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.

Parent Support Group-Wed. June 20 from 7:00-9:00 PM

Come out and talk with other families in a supportive environment. The Parent Support Group meets 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.

*****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.

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 June 7 & 21 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 June 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.

WOMEN'S GROUP- Wednesday June 13, 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 an afternoon of fun and friendship we will be having a "strawberry social" and learning how to make jam. Meet in the PEPP kitchen. Refreshments will be served.

ART GROUP WITH MELISSA *Wednesday June 20 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.

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 June 4 – Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room.

Monday June 11- 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 June 18- Join us for an afternoon of baseball with our friends at Parkwood. We will walk over to the baseball diamonds 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 June 28– Join us for an afternoon of sports and fun. We will walk over to Rowntree Park and play some tennis, soccer, Frisbee, badminton and a variety of other fun activities. Please meet at PEPP at 1:00 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.**