

## PEPP CONNECTIONS PROGRAM DETAILS SEPTEMBER 2018

### **"CHIL FROZEN YOGURT BAR" Music night Wed. September 19 from 7:00 -11:00 PM**

Join us for a special Musical Fundraiser for PEPP at "CHIL FROZEN YOGURT BAR" join guest musicians and enjoy some yummy frozen yogurt treats proceeds from the sales will go directly to PEPP client activities. Bring your friends and family and tell everyone about this great event. Chil is located on 620 Richmond Street.

### **\*\*\*SAVE THE DATE!\*\*\* Mental Health Run/Walk for Brain Health on October 14, 2018**

Join our team the "Hot PEPPers" to raise funds for PEPP and other programs more. More information to follow.

### **\*\*\* NEW! Dance and Groove group Tuesdays from 2:30-4:00 PM**

Come 'dance and groove' with us on Tuesdays from **2:30-4:00**. 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!

### **"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.

### **ROCK TALK is back STARTING ON Sept. 13, 2018 from 2:00-4:00 PM \*\*\*TIME CHANGE**

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 12:00-1:00 PM.

### **\*\*\*TIME CHANGE DROP IN @ THE YMCA Wednesday at 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.

### **Parent Support Group-Wed. September 19 from 7:00-9:00 PM**

Come out and talk with other families in a supportive environment. The Parent Support Group meets the 3<sup>rd</sup> Wednesday of each month at **CMHA on 534 Queens Ave.** all parents and families are welcome to attend.

**\*\*\*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 September 13 & 27 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.

**WOMEN'S GROUP- Wednesday September 12, 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. Meet in the PEPP kitchen.

**ART GROUP WITH MELISSA \*\*\*Wednesday September 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.

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

**Monday September 10-** Join us for an afternoon of fun and games meet in the PEPP kitchen/group room.

**Monday September 17-** Join us for an afternoon community hike and end the hike with some ice cream.

**Monday September 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

**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.**