

## **PEPP CONNECTIONS PROGRAM DETAILS** **NOVEMBER 2018**

### **Toonie (\$2) BREAKFAST at Denny's on Tuesday November 6, from 10:30-12:30 PM**

Join us at Denny's restaurant 3700 Highbury Ave S, London ON N6N 1P3 for a \$2 breakfast. Meet us at PEPP at 10:30 AM or meet us at Denny's at 11:00 AM. Don't forget your toonie!

### **Winter Clothing Giveaway and Food Drive event-Thursday Nov. 8, from 5:00-7:00PM**

Join us for a free shopping event and dinner-come browse various donations and dress to impress this winter and keep warm. We will have clothing, shoes, coats, winter apparel, some food items and more all for free! Please meet in the kitchen/group room.

### **\*\*\* NEW! -Mindfulness Mornings with Kristen -Tuesdays from 10:30-11:30 AM**

Start your morning off right with some Mindfulness activities. You will have the opportunity to learn and utilize different methods of grounding when experiencing negative and intrusive thoughts. Each client will be able to experiment with different styles of mindfulness activities and learn which one best suits their independent needs. Meet in the PEPP kitchen area. Starts on Tuesday November 13. Refreshments and snacks will be served.

### **\*\*\* NEW! ART WITH DANA-Wednesdays from 10:00-11:15 AM**

If you like to draw, colour, create things or just want to come hang out, then come join us in the PEPP kitchen in the mornings on Wednesday's to have a break and let your brain be creative!

### **"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 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. November 21 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 November 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.

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 November 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 an afternoon of fun and friendship. Meet in the PEPP kitchen. Our theme will be "All about Apples"

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

**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 November 5** – 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 November 12-** **CLINIC CLOSED TODAY NO GROUPS!**

**Monday November 19** – Join us for an afternoon at Spikes Indoor beach Volleyball (120 Weston St.) Meet at PEPP at 1:00 PM and we will walk down together or meet us at Spikes at 1:20 PM. Please come ready to play some beach volleyball!

**Monday November 26** – Join us for an afternoon community hike and hot chocolate to follow.