

## PEPP CONNECTIONS PROGRAM DETAILS DECEMBER 2018

### **\*\*\*Monday December 10- 6:00-9:00 PM Skating, lights and hot chocolate at Victoria Park**

Join us for an evening of outdoor skating, light viewing and hot chocolate at the beautiful Victoria Park. Please meet us at the Victoria Park band shell at 6:00 PM, skate rental is available and we will cover the cost of that. Bring your own skates if you have them. We will end the night by warming up with some hot chocolate.

### **\*\*\*WOMEN'S GROUP- Wednesday December 12, 2018 from 2:30-6:00 PM (approx. times)**

Join us for a special afternoon as we go out to a movie together at Landmark Theatres on 983 Wellington Road. We will cover the cost of this event. Please meet us at the theatre if possible the movies will vary in time so depending on what movie you pick will determine the start time. Please contact me for more information and to RSVP!

### **"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.

### **\*\*\*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 December 6 & 20 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.

**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:

Join us for Coffee House an afternoon of music and poetry at PEPP. Feel free to come out with your favorite poetry to share or bring in your musical instruments to perform. OR just come out a listen and enjoy the afternoon. Please meet in the PEPP kitchen/group room.

**Monday December 3** – Join us for Coffee House an afternoon of music and poetry at PEPP. Feel free to come out with your favorite poetry to share or bring in your musical instruments to perform. OR just come out a listen and enjoy the afternoon. Please meet in the PEPP kitchen/group room.

**Monday December 10-** Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room area.

**Monday December 17** –Join us for an afternoon of games and some Christmas cookie decorating!

**Monday December 24**– MERRY CHRISTMAS NO GROUPS TODAY!

**Monday December 31**– New Year’s Eve!!! NO GROUPS TODAY!

**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.**