

PEPP CONNECTIONS PROGRAM DETAILS

May 2019

NEW!!! Book Club- Monday May 27 from 3:00 4:00 PM

Book ... The Art of Racing in the Rain (available to borrow at London Public Library) or check with PEPP staff.

The New York Times bestselling novel from Garth Stein—a heart-wrenching but deeply funny and ultimately uplifting story of a dog's efforts to hold together his family in the face of a divisive custody battle. **Book Club open to all in the PEPP community (clients, volunteers, and staff)**
Refreshments provided!!

NEW!!! Young Women's Group (up to age 19) Wednesday May 29 from 4:00-5:30 PM

An opportunity for the young women of PEPP to spend time together and share their experiences while enjoying chocolate fondue!

Meet at the PEPP kitchen for some activities, discussion, and connection with others. Topics may include self-compassion, mindfulness, recovery, school, friends, dating...

Volunteer with us at Ronald McDonald House on Thursday May 9 from 6:00-9:30 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 6:00 PM at PEPP and we will head over for 7:30 PM to RMH.

"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.

PEPP Parent Support Group-Wed. May 15 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.

ROCK TALK is back on Thursdays from 2:00-4:00 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 lobby area.

WOMEN'S GROUP- Wednesday May 8, 2019 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 along with our special guest Maureen will lead us in a baking activity of how to make scones!. Meet in the PEPP kitchen.

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.

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.

ART GROUP WITH MELISSA *Wednesday May 22 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.

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 May 9 & 23 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 May 6 – Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room.

Monday May 13- Join us for an afternoon of fun and game. Meet in the PEPP/kitchen group room.

Monday May 20 – **CLINIC CLOSED TODAY FOR VICTORIA DAY!!!**

Monday May 27- 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!