

PEPP CONNECTIONS PROGRAM DETAILS AUGUST 2019

End of Summer BBQ MUSIC and JAM NIGHT

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 August 1 from 6:00-8:00 PM at PEPP and *****Thursday August 15 at our special BBQ-Campfire Jam Night at Eco Park from 4:30-9:00PM** the bus will leave PEPP at 4:30 PM and arrive back to PEPP shortly after 9:00 PM, maps are also available for those who would like to drive or get dropped off, Eco Park is located on Medway Road off of Clarke Side Road (15889 Medway Rd. London N0M 1C0). Everyone is welcome to join in and come out and listen and have a fun night. Please feel free to bring fishing rods, baseball gloves, guitars, bongos etc. A BBQ dinner will be served at 5:00 PM at the August 15th event.

NEW!! Growing Minds Indoor Gardening Group-Tuesdays from 2:30-3:30 PM

We are very excited to be launching our brand new Growing Minds Gardening Group. The Growing Minds Gardening group will be using our new Nutritower Hydroponic Indoor Gardening system to employ the use of horticultural therapy. The Nutritower system involves the cultivation, preparation and consumption of herbs, fruits and vegetables. Come grow with us!

NEW!!! Book Club- Monday August 26 from 3:00 4:00 PM

Book ... Stone Mattress by Margaret Atwood

A collection of highly imaginative short pieces that speak to our times with deadly accuracy. In Stone Mattress, Margaret Atwood is at the top of her darkly humorous and seriously playful game.

*****Book Club open to all in the PEPP community (clients, volunteers, and staff)**

Refreshments provided!!

Family and Friends SUIT DRIVE Come get your FREE suit! Thursday August 1 from 11:30-8:00 PM

We have been lucky to receive a donation of suits, as well as some dress shirts, pants, ties, shoes etc. from Moores, Please come and help yourself to a free outfit of your choice. Friends and family are also welcome to come pick an outfit as well! The suits will be on display on August 1 from 11:30AM- 8:00 PM in the PEPP kitchen area.

"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 ONLY AUGUST 1, 2019

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. For outpatients only.**

***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 12:00-1:00 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 **12:00 noon**, 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. August 21 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.

*****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 August 1, 15, & 29 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 (August 15 -ECO Park event) and August 1 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 August 14, 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 and will have a fun spa day. 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:

Monday August 5 – CLINIC CLOSED TODAY NO GROUPS!

Monday August 12- Join us for an afternoon of **mini-golf at Forest Glen Golf Centre** 415 Oxford St W. Meet us at **1:30 PM** at Forest Glen or if you need a ride meet at PEPP at **1:00 PM** to catch the bus.

Monday August 19– Join us for an afternoon community hike and end the hike with some ice cream.

Monday August 26 – Join us for an afternoon movie and popcorn at PEPP.

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.**