


PEPP CONNECTIONS –SEPTEMBER 2019

PLEASE SEE ATTACHED PROGRAM DESCRIPTION FOR DETAILS Contact: Josie, Recreation Therapist 519-685-8500 X74746 or cell# 226-927-8948

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CLINIC CLOSED TODAY</p> 	<p>3 RAP GROUP – 1:00-2:30</p>  <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>4 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>1:00 – 2:30 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>5 10:30 – 11:30 “Start Me Up Group”</p>	<p>6 1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients only</p> 
<p>9 1:00-3:00 REC GROUP Fishing with Adam and Josie (weather permitting)***</p> 	<p>10 10:30-12:00 Mood Walks</p> <p>RAP GROUP – 1:00-2:30</p> <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>11 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>1:00 – 2:30 Drop in @ YMCA OUTPATIENTS ONLY</p> <p>1:00-3:00 Women’s Group DAY TRIP @ Eco Park</p>	<p>12 10:30 – 11:30 “Start Me Up Group”</p> <p>2:00-4:00 ROCK TALK Begins 534 QUEENS AVE.-@ CMHA</p> <p>6:00-8:00 PM JAM Night with Marc</p>	<p>13 1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p> 
<p>16 1:00-3:00 REC GROUP Games Day at PEPP!</p>  <p>1:00 PM Fishing with Adam(weather permitting)***</p>	<p>17 10:30-12:00 Mood Walks</p> <p>RAP GROUP 1:00–2:30</p> <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>18 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>1:00 – 2:30 Drop in @ YMCA OUTPATIENTS ONLY</p> <p>7:00-9:00 PM Parent Support Group Meeting for Parents @CMHA 534 Queens Ave.</p>	<p>19 10:30 – 11:30 “Start Me Up Group”</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p>	<p>20 1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p> 
<p>23 1:00-3:00 Rec Group Community Hike and Ice Cream</p>  <p>1:00 PM Fishing with Adam(weather permitting)***</p>	<p>24 10:30-12:00 Mood Walks</p> <p>RAP GROUP 1:00 –2:30 “September birthdays”</p> <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>25 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>1:00 – 2:30 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>26 10:30 – 11:30 “Start Me Up Group”</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p> <p>6:00-8:00 PM JAM Night with Marc</p>	<p>27 1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p> 
<p>30 1:00-3:00 REC GROUP SPIKES INDOOR BEACH VOLLEYBALL(120 Weston St.)</p>  <p>1:00 PM Fishing with Adam(weather permitting)***</p> <p>3:00- 4:00 PM- Book Club-“TBA”</p>				