

## **PEPP CONNECTIONS PROGRAM DETAILS** **November 2019**

### **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!

### **"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 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. 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. **For outpatients only.**

### **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 **1:00PM**, 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. **For outpatients only.**

### **Parent Support Group-Wed. November 20 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 7 & 21 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. Meet in the PEPP kitchen front doors will be unlocked.

**WOMEN'S GROUP Wednesday November 13, 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. Meet in the PEPP kitchen. Refreshments will be served

**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 4** – 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 11-** **CLINIC CLOSED TODAY NO GROUPS!**

**Monday November 18**– 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 25**– Join us for an afternoon community hike and hot chocolate to follow.

**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.**