

## PEPP CONNECTIONS PROGRAM DETAILS May 2018

### **\*\*NEW! "I CAN'T EVEN"- Coping Skills Group (Tues. May 1-29 from 2:45-4:00 PM)**

We are starting a \*NEW\* group at PEPP, "I can't even!" This will be a 5 week coping skills group aimed at learning strategies for managing stress, anxiety, mood, social skills, and relationships. We hope to see you there. Stay tuned for more information!

### **\*\*\*WORKSHOP!!! ODSP drop-in info session-Monday May 28 from 3:00-5:00 PM**

Clients, staff & families are all welcome to attend, learn more about (ODSP) Ontario Disability Support Plan, deductions, ESUB, working related benefits, income reporting and much much more. Meet in the PEPP kitchen.

### **ROCK TALK is back Thursdays from 2:30-4:30 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 group will take place upstairs in the attic room.**

### **\*NEW! VOICE HEARERS GROUP (April 11 – May 30, Wednesdays 3:00-4:15pm)**

Do you hear voices that bother you? You are not alone! This group is for all voice hearers who want to learn more about their voices and learn helpful coping strategies. This is a small, friendly, and non-judgmental group where you can connect with other people who hear voices too. Starting on April 11<sup>th</sup>, we will meet weekly for 8 weeks on **Wednesdays from 3:00 – 4:15pm in the PEPP kitchen, \*\*\*MUST BE REGISTERED TO ATTEND**

### **\*\*\*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 1:00-2:30 PM.

### **Parent Support Group-Wed. May 16 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.

### **Drop in at YMCA 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. **No group on January 3, 2018**

### **\*\*\*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.

### **WELCOME TO PEPP Thursdays from 10:30-11:30AM**

Calling all new comers to PEPP! Welcome to PEPP provides a friendly and accepting environment for all new clients of PEPP. This group provides simple and low stress activities to enhance your social, emotional and cognitive functioning and to work towards your personal goals. This will be a small group for new clients of PEPP or clients that have relapsed and want to join us for a quite morning of conversation, support and questions about your recovery or questions about PEPP. Please come out and meet us in the PEPP group room light refreshments will be served.

### **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 10 & 24 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 May 10 & 24 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 May 9 , 2018 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.

### **ART GROUP WITH MELISSA \*\*\*Wednesday May 23 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.

### **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 May 7** – Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room.

**Monday May 14-** Join us for a fun afternoon of indoor beach Volleyball at Spikes (120 Weston). We will walk from PEPP at 1:00 PM or meet us at Spikes at 1:20 PM.

**Monday May 21-** ***CLINIC CLOSED NO GROUPS TODAY!***

**Monday May 28**– 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

### **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.**