

PEPP CONNECTIONS PROGRAM DETAILS July 2018

A special welcome to our amazing summer students, Kendra and Cecile who will be with us all summer long. Feel free to pop by say hi to them!

***** NEW! Dance and Groove group Tuesdays from 2:30-4:00 PM**

Come 'dance and groove' with us on Tuesdays starting **July 10, 2:30-4:00**. This program gives individuals the opportunity to express themselves through movement with dance. Each week we will be learning different dance steps and working towards a final dance routine. This is a great chance for individuals to learn a new skill in a friendly and fun environment. We are open to suggestions and creativity is encouraged. No experience needed!

***** NEW! Let's Talk About Sex with Kendra and Cecile-Monday July 23 &30 from 3:00-4:00**

Join Kendra, Cecile and special guest speakers as they discuss the various issues about, sex, relationships, STD's, and any other pressing topics you always wanted to talk about.

"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.

Volunteer with us at Ronald McDonald House on Thursday July 19 from 7:30-9:30 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 Jam Night at 6:00 PM and we will head over for 7:30 PM.

** We will have an orientation and information session on Tuesday July 19 from 2:30-3:30 PM please sign up for this event sign-up will be outside Carleen's office.

ROCK TALK is back Thursdays from 2:00-4:00 PM *TIME CHANGE**

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. NO ROCK TALK ON THURSDAY JULY 26

*****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.

*****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. July 18 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 July 5 & 19 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 June 7 & 21 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 July 11, 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 we will be having a cooking demonstration. Meet in the PEPP kitchen. Refreshments will be served.

ART GROUP WITH MELISSA *Wednesday July 25 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 July 2 – CLINIC CLOSED TODAY NO GROUPS!

Monday July 9- Join us for an afternoon community hike and end the hike with some ice cream.

*****Monday July 16*****– Join us for an adventure at the amazing **Eco Park**. We will take a bus to and from the park and enjoy an afternoon of beach volleyball, fishing, soccer, baseball, hiking, BBQ and more. Feel free to bring your own fishing poles. If you prefer to meet us at the park it is located on Medway Road off of Clark Side Road. Maps are also available at PEPP (15889 Medway Road). **The bus leaves PEPP at 11:30 AM** and we will return back to PEPP close to 3:30 PM.

Monday July 23– Join us for an afternoon movie and popcorn at PEPP.

Monday July 30– Join us for an afternoon of fun and games at PEPP.