

PEPP CONNECTIONS PROGRAM DETAILS

AUGUST 2018

***NEW!* Passport to Success August 13-22, 2017 from 1:00-2:00**

Passport to Success is a PEPP workshop series designed to help you to improve your learning skills so that you can reach your academic goals. Each workshop will focus on a different topic related to school. If you attend 5 or more workshops, you qualify for a Passport to Success Certificate which may be used towards a high school maturity credit or put on your resume. The group room TBA. Please contact Jill or Erica for more information.

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 16 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 16th event.

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

Come 'dance and groove' with us on Tuesdays from 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!

"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 August 23 from 6:00-9:30 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 6:00 PM and we will head over for 7:30 PM.

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 August 16**

*****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 15 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 16 & 30 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 16 -ECO Park event) and August 30 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 8, 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 and will have a summer picnic. Meet in the PEPP kitchen.

ART GROUP WITH MELISSA *Wednesday August 22 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 August 6 – **CLINIC CLOSED TODAY NO GROUPS!**

Monday August 13- 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 20– Join us for an afternoon community hike and end the hike with some ice cream.

Monday August 27– 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.**