

## **PEPP CONNECTIONS PROGRAM DETAILS** **MAY 2017**

### **NEW! MOOD WALKS Hiking Group Begins Monday May 8, 2017 from 1:00-3:00 PM**

The Mood Walks program promotes both physical and mental health by reducing barriers and creating new opportunities in a natural outdoor environment. Anyone interested must attend a mandatory "Lunch and Learn" session on Monday May 8, 2017 from 1:00-3:00 PM (lunch will be provided). Registration is required for this group.

### **Y.E.S GROUP (Youth Education and Support Group)**

This group offers a place to gain support and understanding of psychosis and recovery. We address personal difficulties that members may face in relation to symptoms, medication, social skills, drug and alcohol use and relapse prevention. Please sign up for this group with your case manager or see Jill or Steph, space is limited. YES Group begins on Tuesday May 2, 2017 from 3:00-4:00 PM and runs for 6 weeks.

### **POWER UP!!! Starting on April 5<sup>th</sup> for 8 weeks (see calendar for details)**

Want to build your resume, volunteer, and move forward with your goals? Please join Carleen and Josie for an 8 week program that will help you do this. Each week will consist of a different event. Please contact Carleen or Josie to register.

### **ROCK TALK Thursdays from 2:30-4:00 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 an **8 week** group fusing emotions and music. This group will be limited to 12 participants combined with PEPP and CMHA participants. **CMHA- 534 Queens Avenue**. I will be in the lobby at CMHA Queens Ave. waiting for everyone to arrive. **Join us for our special musical guest on Thursday May 4, 2017 everyone is welcome!!!**

### **PEPP Parent Support Group-Wed. May 17 from 7:00-9:00 PM**

Come out and talk with other families in a supportive environment. The PEPP Parent Support Group meet the 3<sup>rd</sup> Wednesday of each month at CMHA on 534 Queens Ave entrance on William Street. All parents and families are welcome to attend.

### **WOMEN'S GROUP- Wednesday May 10, 2017 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 a special group where we will continue to work on a special quilt project. Refreshments will be served.

### **DROP IN @ THE YMCA Wednesday at 2:30-4:00 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 **2:30 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.

### **\*\*\*Basketball\*\*\* Drop in Fridays at the Parkwood Institute gym with Jeff 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.

### **In House Librarian- Tuesday May 2, from 2:30-4:00PM**

Drop by the PEPP library the first Tuesday of the month from 2:30-4:00 PM and come have a chat or bring any questions you may have to our PEPP librarian.

**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 quiet 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 4 & 18 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. Everyone is welcome to join in and come out and listen and have a fun night. Please meet in the PEPP kitchen.

**ART GROUP WITH MELISSA \*\*\*Wednesday May 31 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.*

**PEPP PEER GROUP with Jesse and Alex Tuesday May 2 & 16, from 2:30-3:30**

The PEPP Peer Group is a group for peers, facilitated by peers that do not always want to discuss issues with friends, parents, doctors, counsellors etc. The Peer Group is a place where you can be yourself without fear of criticism. Come and enjoy the company of people who are going through some of the same things you are. The PEPP Peer Group has 3 primary goals: to educate, to support and to have fun! We usually try to meet monthly.

**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 1**– 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 May 8**– Join us for an afternoon all about Safe Hiking information. This is a mandatory course required for anyone that wants to attend the Mood Walks Hiking group. Lunch will be provided.

**Monday May 15**– 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 22**– PEPP CLOSED FOR VICTORIA DAY HOLIDAY!

**Monday May 29**– 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.