

## **PEPP CONNECTIONS PROGRAM DETAILS**

### **March 2019**

#### **\*\*\*NEW! SAFE FOOD HANDLING COURSE -Wednesday March 27 from 10:00 AM-4:30 PM**

Come out and get certified in Safe Food Handling at PEPP! Safe Food Handling is becoming increasingly recognized as a mandatory training to work in the food service industry. Certificates are valid for 5 years and will be an excellent addition to your resume. Cost is \$10.00. Speak to Carleen at ext. 75430 about registering or about alternative payment options. Hope to see you there!

#### **"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.

#### **PEPP Parent Support Group-Wed. March 20 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. all parents and families are welcome to attend.

#### **ROCK TALK is back on Thursday March 28 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 lobby area.**

#### **WOMEN'S GROUP- Wednesday March 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.

#### **ART GROUP WITH MELISSA \*\*\*Wednesday March 20 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.

#### **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.

#### **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 **1:00 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 March 13, 2019.**

**\*\*\*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 March 14 & 28 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.

**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:

Join us for Coffee House an afternoon of music and poetry at PEPP. Feel free to come out with your favorite poetry to share or bring in your musical instruments to perform. OR just come out a listen and enjoy the afternoon. Please meet in the PEPP kitchen/group room.

**Monday March 4** – Join us for movie and popcorn at PEPP- we will watch the movie "A Star is Born". Please meet in the kitchen/group room area.

**Monday March 11-** Join us for an afternoon of fun and game. Meet in the PEPP/kitchen group room.

**Monday March 18** – Join us for a community hike followed by some hot chocolate. Please bring a water bottle and please wear comfortable clothing and shoes to hike in.

**Monday March 25** – Join us for an afternoon of bowling and pool at the Palasad/Social Bowl (777 Adelaide Street N.) Please meet at PEPP at 1:00 PM if you require a ride if not please meet us around 1:20 at the Palasad/Social Bowl. We will cover the cost of bowling and pool please feel free to bring money if you wish to purchase a snack.

**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.**