

## **PEPP CONNECTIONS PROGRAM DETAILS**

### **April 2019**

#### **Volunteer with us at Ronald McDonald House on Wednesday April 3 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 at PEPP and we will head over for 7:30 PM to RMH.

#### **"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. April 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. all parents and families are welcome to attend.

#### **ROCK TALK is back on Thursday April 4 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 April 10, 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.

#### **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.

#### **\*\*\*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, & PARTICIPATION)**

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 April 11 & 25 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 April 1** – Join us for a community hike followed by some ice cream. Please bring a water bottle and please wear comfortable clothing and shoes to hike in.

**Monday April 8** – Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room area.

**Monday April 15** – Join us for an afternoon of fun and game. Meet in the PEPP/kitchen group room.

**Monday April 22** – **CLINIC CLOSED TODAY FOR EASTER MONDAY!!!**

**Monday April 29** – Join us for an afternoon of fun and fitness as we dance away in a special instructor led "**Zumba**" class!

### **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.**