

PEPP CONNECTIONS PROGRAM DETAILS

July 2019

A special welcome to our summer students, Deanna, Ashley and Stephanie who will be with us all summer long. Feel free to pop by and come say hi to them... they will be working out of the employment office.

NEW! Sunfest at Victoria Park Friday July 5 at 1:30 PM

Join us for one of London's biggest event festivals-Sunfest 2019. Meet us at 1:30 PM Victoria Park at the "Holly Roller" Tank monument in Victoria Park which is closest to Central Ave. It will be a great afternoon listening to music and enjoying the park events.

NEW!!!! I CAN'T EVEN! Coping Skills Group starts on July 18th!

PEPP will be running a 5 week coping skills group aimed at learning strategies for managing stress, anxiety, mood, social skills, and relationships/dating. The group will run on Thursdays from 12:30pm – 1:45pm (75 minutes) in the PEPP kitchen for 5 weeks starting on Thursday July 18th. Pre-registration is required. Please contact Josie or Andrea if you are interested in attending. We hope to see you there!

NEW!!! Breakfast Club with Deanna Stephanie and Ashley Thursday mornings from 9:30-11:00 AM

Join our amazing summer students for a fun-filled early morning breakfast while learning about healthy breakfast choices. Following breakfast anyone that wants to attend Energy Break can travel with us to the YMCA for a fun fitness class that you will not want to miss. Please meet in the PEPP kitchen.

NEW!!! Community Hikes with PEPP-Fridays in July from 10:00-11:30 AM

Please meet at PEPP at 10:00 AM as we explore the outdoors together. Please wear comfortable shoes (no flip flops) and bring a water bottle. Hikes will be weather permitting. Contact Laura or Josie for more details

NEW!!! Book Club- Monday July 15 from 3:00 4:00 PM

Book ... *Big Little Lies* (available to borrow at PEPP or the London Public Library) *Big Little Lies* is a brilliant take on ex-husbands and second wives, mothers and daughters, schoolyard scandal, and the dangerous little lies we tell ourselves just to survive. Also a TV series on HBO
*****Book Club open to all in the PEPP community (clients, volunteers, and staff)**
Refreshments provided!!

Buttons Against Stigma Workshop with Deanna-Tuesday July 23, 2019 from 2:00-3:30 PM

Join Deanna as she finds a creative way to tackle stigma through art and button making. The group will work collaboratively to brainstorm ways that we can positively tackle stigma. Each individual will walk away with their own personalized button and pamphlet they've created!

New! Fishing with Adam Monday July 15 & 29 at 1:00 PM Weather permitting!

Join us Mondays in June for some fishing fun with Adam. Please provide us with your contact information and Adam can text or call you in the morning to determine if fishing will run that afternoon or not. It will be based on the weather forecast for that day. Rec group will still run so you can always attend rec group if fishing does not take place. Please contact Adam or Josie for more information or to reserve your spot!

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 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.

Volunteer with us at Ronald McDonald House on Thursday July 18

Ronald McDonald House 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 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 during Jam night and we will head over to RMH for 7:30 PM.

***** Please register with Carleen for this event.**

"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. July 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 3rd Wednesday of each month at CMHA on 534 Queens Ave. all parents and families are welcome to attend.

ROCK TALK is back on Thursdays 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 July 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 a summer picnic. 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.

*****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**

NEW Events!!!MUSIC GROUP “JAM” NIGHT WITH MARC Thursday July 4 &18

On July 4 at 6:00-9:00 PM meet us at PEPP at 6:00 PM and we will travel together to Victoria Park or meet us at Sunfest at 6:30 PM Victoria Park at the “Holly Roller” Tank monument in Victoria park which is closest to Central Ave.

The July 18 Jam night group will be at PEPP as per usual with the exception of those who registered to volunteer for the Ronald McDonald House baking night with Carleen.

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 July 1 – CLINIC CLOSED NO GROUPS TODAY!

Monday July 8 –*Monday July 8*****– 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 15- Join us for an afternoon of Karaoke and art. Meet in the PEPP/kitchen group room.

Monday July 22– Join us for an afternoon movie at PEPP and make your own ice cream Sundaes!

Monday July 29- Join us for an afternoon community walk and end with some ice cream. Please meet in the PEPP kitchen.

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 or Cell 226-927-8948.**