



PEPP CONNECTIONS –JULY 2019

PLEASE SEE ATTACHED PROGRAM DESCRIPTION FOR DETAILS Contact: Josie, Recreation Therapist 519-685-8500 X74746 or cell#226-927-8948

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CANADA DAY HOLIDAY CLINIC CLOSED TODAY!</p> 	<p>2</p> <p>RAP GROUP – 1:00-2:30</p> 	<p>3 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna</p> <p>11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>4 10:30 – 11:30</p> <p>“Start Me Up Group”</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p> <p>6:00-9:00 PM JAM Night @Sun Fest Victoria Park</p>	<p>5 10:00-11:30-Community Hikes</p> <p>1:30-Sunfest at Victoria Park</p> <p>1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients only</p>
<p>8 12:00-3:00 REC GROUP ECO PARK (fishing, baseball, barbecue)</p> <p>**Bus leaves @ 11:30</p> 	<p>9</p> <p>RAP GROUP – 1:00-2:30</p> 	<p>10 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna</p> <p>11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p> <p>1:00-3:00 Women’s Group picnic</p>	<p>11 10:30 – 11:30</p> <p>“Start Me Up Group”</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p>	<p>12 10-11:30-Community Hikes</p> <p>1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p>
<p>15 1:00-3:00 REC GROUP Karaoke and Art Day</p> <p>1:00 PM Fishing with Adam(weather permitting)***</p> <p>3:00- 4:00 PM- Book Club</p> 	<p>16</p> <p>RAP GROUP 1:00–2:30</p> <p>“July birthdays”</p> 	<p>17 9:30-11 Breakfast Club with Stephanie, Ash & Deanna</p> <p>11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p> <p>7:00-9:00pm Parent Support Group Meeting for Parents @CMHA 534 Queens Ave.</p>	<p>18 10:30 – 11:30</p> <p>“Start Me Up Group”</p> <p>12:30-1:45-“I Can’t Even”-Coping Skills Group</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p> <p>6:00-8:00 PM JAM Night with Marc 7:30-9:30 PM Ronald McDonald House baking night (Register)</p>	<p>19 10-11:30-Community Hikes</p> <p>1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p>
<p>22</p> <p>1:00-3:00 REC GROUP Movie and Ice Cream Sundaes</p> 	<p>23 RAP GROUP 1:00 –2:30</p> <p>2:00-3:30 Buttons against Stigma Workshop with Deanna!</p>	<p>24 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna</p> <p>11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>25 10:30 – 11:30</p> <p>“Start Me Up Group”</p> <p>12:30-1:45-“I Can’t Even”-Coping Skills Group</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p>	<p>26 10-11:30 -Community Hikes</p> <p>1:00-2:30 “Drop in” basketball at Parkwood Institute gym Outpatients Only</p>
<p>29 1:00-3:00 Rec Group Community Walk and Ice Cream</p>  <p>1:00 PM Fishing with Adam(weather permitting)***</p>	<p>30</p> <p>RAP GROUP 1:00 –2:30</p> 	<p>31 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna</p> <p>11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p>		

