

















PEPP CONNECTIONS - AUGUST 2019

PLEASE SEE ATTACHED PROGRAM DESCRIPTION FOR DETAILS Contact: Josie, Recreation Therapist 519-685-8500 X74746

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 10:30 – 11:30 “Start Me Up Group” 12:30-1:45-“I Can’t Even”-Coping Skills Group (must be registered)</p> <p>11:30-8:00 Suit Drive Get a free suit!</p> <p>2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA</p> <p>6:00-8:00 PM JAM Night with Marc</p>	<p>2 1:00-2:30 “Drop in” basketball at Parkwood Institute gym <u>Outpatients only</u></p> 
<p>5 CLINIC CLOSED TODAY</p> 	<p>6 RAP GROUP – 1:00-2:30</p>  <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>7 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>8 10:30 – 11:30 “Start Me Up Group”</p> <p>12:30-1:45-“I Can’t Even”-Coping Skills Group (must be registered)</p>	<p>9 1:00-2:30 “Drop in” basketball at Parkwood Institute gym <u>Outpatients Only</u></p> 
<p>12 1:00-3:00 REC GROUP Mini Golf @ Forest Glen (451 Oxford Street)</p> 	<p>13 RAP GROUP 1:00–2:30</p>  <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>14 9:30-11 Breakfast Club with Stephanie, Ash, & Deanna 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 <u>Women’s Group-SPA DAY!</u></p>	<p>15 10:30 – 11:30 “Start Me Up Group”</p> <p>12:30-1:45-“I Can’t Even”-Coping Skills Group (must be registered)</p> <p>JAM NIGHT @ ECO PARK 4:30-9:00PM -Fishing, baseball, beach volleyball and BBQ *BUS LEAVES AT 4:30PM</p>	<p>16 1:00-2:30 “Drop in” basketball at Parkwood Institute gym <u>Outpatients Only</u></p> 
<p>19 1:00-3:00 Rec Group Community Hike and Ice Cream</p> 	<p>20 RAP GROUP 1:00 –2:30 “August birthdays”</p>  <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>21 9:30-11 Breakfast Club with Stephanie & Ashley 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>22 10:30 – 11:30 “Start Me Up Group”</p>	<p>23 1:00-2:30 “Drop in” basketball at Parkwood Institute gym <u>Outpatients Only</u></p> 
<p>26 1:00-3:00 REC GROUP Movie day at PEPP</p>  <p>3:00- 4:00 PM- Book Club-“Stone Mattress by Margaret Atwood”</p>	<p>27 RAP GROUP 1:00 –2:30</p>  <p>2:30-3:30 Growing Minds Indoor Garden group</p> 	<p>28 9:30-11 Breakfast Club with Stephanie & Ashley 11:00-12:00 Energy Break @ YMCA OUTPATIENTS ONLY</p> <p>12:00 – 1:00 Drop in @ YMCA OUTPATIENTS ONLY</p>	<p>29 10:30 – 11:30 “Start Me Up Group”</p> <p>6:00-8:00 PM JAM Night with Marc</p>	<p>30 1:00-2:30 “Drop in” basketball at Parkwood Institute gym <u>Outpatients Only</u></p> 