

PEPP CONNECTIONS PROGRAM DETAILS

October 2019

NEW!! Growing Minds Indoor Gardening Group-Tuesdays from 2:30-3:30 PM

We are very excited to be launching our brand new Growing Minds Gardening Group. The Growing Minds Gardening group will be using our new Nutritower Hydroponic Indoor Gardening system to employ the use of horticultural therapy. The Nutritower system involves the cultivation, preparation and consumption of herbs, fruits and vegetables. Come grow with us!

NEW!!! Book Club- Monday October 28 from 3:00 4:00 PM

Book ... *All the Light We Cannot See* (available to borrow at PEPP or the London Public Library)

*****Book Club open to all in the PEPP community (clients, volunteers, and staff)**

Refreshments provided!!

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New! Fishing with Adam Mondays in October 9, 16, 23, & 30 at 1:00 PM Weather permitting!

Join us Mondays in October 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!

NEW!!! Mood Walks -Tuesdays in October from 10:30 AM-12:00 noon

Please meet at PEPP at 10:30 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 V. or Josie for more details. This is a partnership with PEPP, CMHA and Parkwood Institute!

October 22: 10:00 AM-2:00 PM BUS TRIP-Meet at the plaza on the corner of Wellington & Commissioners-beside East Side Mario's (387 Wellington Rd) we **will head to a hike outside the City TBA. Bring a lunch.**

"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.

ROCK TALK BEGINS on Thurs

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. For outpatients only.

*****NEW! 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. **For outpatients only.**

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 **1:00PM**, 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. **For outpatients only.**

Parent Support Group-Wed. October 16 from 7:00-9:00 PM

Come out and talk with other families in a supportive environment. The Parent Support Group meets the 3rd Wednesday of each month at **CMHA on 534 Queens Ave.** all parents and families are welcome to attend.

*****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 October 10 & 24 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. Meet in the PEPP kitchen front doors will be unlocked.

WOMEN'S GROUP Wednesday October 9, 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. Refreshments will be served

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:

Monday October 7 – Join us for an afternoon of fishing fun. We will head to a nearby park and enjoy an afternoon of fishing. Weather permitting; if it rains we will do an indoor activity.

Monday October 14- **CLINIC CLOSED TODAY NO GROUPS!**

Monday October 21– Join us for an afternoon community hike and end the hike with some ice cream.

Monday October 28– Join us for an afternoon movie and popcorn at PEPP.