

PEPP CONNECTIONS PROGRAM DETAILS

January 2020

Magic the gathering card game group Fridays from 1:00 3:00 PM Fierce battles and strategies!

Please notify Carlos Reyes Carlos.Reyes@lhsc.on.ca or Phillip Morrison Phillip.Morrison@lhsc.on.ca if you do not have cards as spots are limited to 5 for now. Please feel free to come if you have your own deck.

Interview Preparation and Skills Workshop Tuesday January 28, from 2:30 4:00 PM

This workshop is tailored to anyone looking for work or thinking about starting to job search. We will explore the three stages of interviewing: Before, during and after and learn about what to expect, how to prepare for, and how to shine in each of these phases. Join Lisa our new Employment Counselor in the PEPP kitchen.

***WOMEN'S GROUP- Wednesday January 8, 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 a fun afternoon of our motivational project that we are making as a group! Refreshments will be served. Meet in the PEPP kitchen.

NEW!! Growing Minds Indoor Gardening Group-will take place during all in house groups

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!

"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 on Thursdays from 2:00-4:00 PM (see calendar dates for the holidays)

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. Begins again on January 9, 2020.**

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

*****Basketball*** Drop in Fridays at the Parkwood Institute gym 1:00-2:00 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. This is a drop in only program run via a partnership with Parkwood Institute.

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 January 9 & 23 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.

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:

*****NEW EVERY Monday Floor Hockey Drop in- from 1:30-2:30 PM**-meet at Parkwood for a drop in floor hockey game. This is done via a partnership with Parkwood Institute for outpatients only! Meet at Parkwood unless we are travelling as a group from PEPP -(see monthly calendar for details and dates) You can have the choice to attend a PEPP activity listed or go to floor hockey.

Monday January 6 – Join us for an afternoon of fun and games. Meet in the PEPP kitchen.

Monday January 13- Join us for movie and popcorn at PEPP. Please meet in the kitchen/group room area.

Monday January 20- Join us for an afternoon of floor hockey. We will walk over to use the gym at Parkwood institute (550 Wellington Road). Meet at PEPP at 1:00 PM or over in the lobby at Parkwood Institute at 1:30 PM.

Monday January 27- Join us for a Winter Hike and end with some warm hot chocolate. Meet in the PEPP/kitchen group room

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.**