



- MAY 2019 -



Sunday

Monday







Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Mental Health Week 2019 #GETLOUD May 6-10 Join us in the community for a variety of activities in support of mental health in North Bay.</p>			<p>1 10a: Reading Corner 2p: Stress Management 6p: Pictionary</p>	<p>2 10a: Therapy Dogs 2p: Baking with Jody 5p: Karaoke</p>	<p>3 10a: Gratitude Workshop 2p: Watercolor Paint Therapy</p> 	<p>4 1p: Member's Birthday Celebration</p>
<p>5 PEP CLOSED</p>	<p>6 10a: Sunshine Group 2p: In-House Bowling Tournament</p>	<p>7 10a: Depression & Anxiety Group 2p: Unmasking Brain Injury: Part One 2p: CBT Group</p>	<p>8 10a: Reading Corner 2p: PTSD Support Group 6p: Mother's Day Cards</p>	<p>9 Mental Health Special <i>Free Lunch</i> See Flyer For Details PEP HOURS 8:30a—4:30p</p>	<p>10 Mental Health BBQ See Flyer For Details PEP CLOSED 11a — 2p</p> 	<p>11 1p: Mother's Day High Tea Social</p>
<p>12 Mother's Day PEP CLOSED</p> 	<p>13 10a: Sunshine Group 2p: Pinecone Signs</p>	<p>14 10a: Unmasking Brain Injury: Part Two 2p: Paint Therapy 2p: CBT Group</p>	<p>15 10a: Reading Corner 2p: Garden Gathering 6p: Family Feud</p>	<p>16 10a: Therapy Dogs 2p: Bingo 5p: Karaoke</p> 	<p>17 10a: Lateral Violence Workshop 2p: Afternoon in the Park</p>	<p>18 1p: Movie Matinee & Popcorn</p>
<p>19 PEP CLOSED</p>	<p>20 Victoria Day PEP CLOSED</p> 	<p>21 10a: Depression & Anxiety Group 2p: Chair Yoga 2p: CBT Group</p>	<p>22 10a: Reading Corner 2p: Candle Making 6p: Pictionary</p>	<p>23 10a: Therapy Dogs 2p: Avoiding Negativity & Judgmental Thoughts 5p: Healing Circle</p>	<p>24 10a: Member's Meeting & Brunch 2p: Healthy Living, Healthy Lifestyle</p>	<p>25 1p: Jeopardy</p> 
<p>26 PEP CLOSED</p>	<p>27 10a: Tidy Up Your with Marie Kondo 2p: Self Esteem & Motivation with PEP Employment</p>	<p>28 10a: Depression & Anxiety Group 2p: Walking Group 2p: CBT Group</p>	<p>29 10a: Reading Corner 2p: Meditation 6p: Price is Right</p>	<p>30 10a: Therapy Dogs 2p: Irrational Thinking 5p: Karaoke</p>	<p>31 PEP CLOSED</p>	

This Month at PEP

#GETLOUD

Mental Health Week 2019

May 6—10

MENTAL HEALTH AND ADDICTION DAY

Thursday May 9th, 2019

Join us for a full day of activities and presentations brought to you by several local organizations. Three wonderful presentations on “Promoting Success”, “NBNPLC New in the Neighbourhood”, and “Rapid Access Addiction Medicine (RAAM) Clinic”. A special lunch will be provided! And finished with our #GETLOUD Video Dance Party with refreshments.

PROUDLY SPONSORED BY:
PEOPLE FOR EQUAL PARTNERSHIP IN MENTAL HEALTH NIPISSING
NORTH BAY RECOVERY HOME
COMMUNITY COUNSELLING CENTRE

UNMASKING BRAIN INJURY

Part One: Tuesday May 7th, 2019 2:00p—3:00p

Part Two: Tuesday May 14, 2019 10:00a—1:00p

There's a story behind every mask, and behind every mask there's a person, a person that has been touched by brain injury. Together we will be celebrating each other's journeys through brain injury by creating a mask to tell their stories. All materials will be provided by the *Brain Injury Association of North Bay and Area* on the 2nd floor.

Hours of Operation

Monday, Tuesday & Friday

8:30 a.m. to 4:30 p.m.

Wednesdays & Thursdays

8:30 a.m. to 8:00 p.m.

Saturday

11:00 a.m. to 4:00 p.m.

~ P E P ~

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Supported by: / Financé par:



PEP

**People for Equal
Partnership In
Mental Health**

**Pour l'égalité
des partenariats
en santé mentale**

May 2019

Event Calendar

