

JANUARY 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY NEW YEAR

| | | | | | | | | | | | |
|------------------|--|---|--|--|--|--|--|---|--|--|--|
| | | 1 <i>New Year's Day</i> PEP CLOSED | | 2 10am: Therapy Dogs 2pm: Time Capsule 5pm: Karaoke | | 3 10am: Selfcare Workshop 2pm: Chair Yoga | | 4 1pm: Members' Birthday Celebration | | | |
| 5 PEP CLOSED | | 6 10am: Sunshine Group 1pm: Food is Mood 2pm: Food For All  | | 7 10am: Depression & Anxiety Support Group 2pm: Don't Forget the Lyrics 2pm: CBT Group | | 8 10am: Reading Corner 1pm: Food is Mood 2pm: Laugh Yoga | | 9 10am: Therapy Dogs 2pm: Chain Reaction of Respect 5pm: Pictionary | | 10 10am: Baking: Apple Crisp Shortbread Bars 2pm: Friendship Bracelets  | |
| 12 PEP CLOSED | | 13 10am: Positivity Booklets 1pm: Food is Mood 1:30pm: Humane Society Visit | | 14 10am: Depression & Anxiety Support Group 2pm: BINGO 2pm: CBT Group | | 15 10am: Reading Corner 1pm: Food is Mood  | | 16 10am: Therapy Dogs 2pm: Random Acts of Kindness 5pm: Karaoke | | 17 10am: DIY Stress Balls 2pm: Knitting & Crochet: Learning the Basics  | |
| 19 PEP CLOSED | | 20 10am: Sunshine Group 1pm: Food is Mood 2pm: Is it Bullying? | | 21 10am: Depression & Anxiety Support Group 2pm: Game of Budgeting 2pm: CBT Group | | 22 10am: Reading Corner 1pm: Food is Mood 1pm: W.R.A.P. | | 23 10am: Therapy Dogs 2pm: Bucket List 5pm: Deal or No Deal | | 24 10am: Member's Meeting & Brunch 2pm: Bowling at Partners | |
| 26 PEP CLOSED | | 27 10am: Documentary: <i>Dancing with the Birds</i> 1pm: Food is Mood 2pm: Paint Therapy | | 28 10am: Depression & Anxiety Support Group 2pm: Chair Yoga 2pm: CBT Group | | 29 10am: Reading Corner 1pm: Food is Mood 1pm: W.R.A.P. | | 30 10am: Therapy Dogs 2pm: Workplace Violence & Harassment Awareness Workshop 5pm: Video Dance Party | | 31 10am: How Clutter Affects Your Anxiety 2pm: Social Jenga  | |

This Month at PEP



Food For All

JANUARY 6TH AT 2PM

Food is Mood meets every Monday and Wednesday teaching our members how to make healthy, delicious, and affordable meals. Once a month, they display their newly found skills for anyone in need of a warm meal. This is free for any members of PEP.

Wellness Recovery Action Plan

EVERY WEDNESDAY AT 1PM STARTING JAN 22ND

The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

Registration Required.

Hours of Operation

MONDAY, TUESDAY, WEDNESDAY & FRIDAY

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

THURSDAYS

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

SATURDAY

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



PEP

**People for Equal
Partnership In
Mental Health**

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



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Supported by: / Financé par:



Ontario

North East Local Health
Integration Network

Réseau local d'intégration
des services de santé
du Nord-Est

Events Calendar

January
2020

Happy
New Year