

APRIL 2025

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>7</div> <div>World Health Day</div>	<div>1</div> <div>April Fools Day</div> <div><b>**<u>SIP &amp; SHARE PEER SUPPORT</u></b> Orillia Mariposa Market with Cat (10:15 – 11:15AM)</div> <div>--</div> <div><b>LEARN TO PLAY EUCHRE</b> Katie &amp; Mel (11:30 – 12:30PM)</div> <div>--</div> <div><b>**<u>MEDIA &amp; MENTAL HEALTH WORKSHOP</u></b> Cat &amp; Chelsea (1:30 – 2:30PM)</div>	<div>2</div> <div>World Autism Awareness Day</div> <div><i>Good Food Box Orders Due</i></div>	<div>3</div> <div><b>1:1 Peer Support (9:45-10:30AM)</b></div> <div>--</div> <div><b>BILLIARDS</b> Cat &amp; Allison (11:00 – 12:00PM)</div> <div>--</div> <div><b><u>ART GROUP</u></b> Cat &amp; Jessicah (12:15 -1:15PM)</div> <div>--</div> <div><b>FAMILY SUPPORT GROUP</b> Hayley &amp; Steph (5:30- 7:00pm) For caregivers and loved ones who need support</div>	<div>4</div>
	<div>8</div> <div><b>1:1 Peer Support (9:45-10:30AM)</b></div> <div>--</div> <div><b>**<u>GROUP FITNESS F45 (636 Young St)</u></b> Melissa &amp; Meghan (9:30 – 10:30AM) Limited spots (4)</div> <div>--</div> <div><b>LEARN TO PLAY EUCHRE</b> with Katie &amp; Cat (11:30 – 12:30PM)</div> <div>--</div> <div><b>YOGA WITH MAIA</b> with Jlaw &amp; Cat (1:30 – 2:30PM)</div>	<div>9</div> <div><i>Good Food Box Delivery</i></div> <div><b>GOOD FOOD BOX VOLUNTEER OPPORTUNITY</b> Allison &amp; Chelsea (9:30 –11:30AM)</div> <div><b>**<u>SEWING 101 (Orillia)</u></b> with Steph (11:00-12:30PM)</div>	<div>10</div> <div><b>1:1 Peer Support (9:45-10:30AM)</b></div> <div>--</div> <div><b>WALKING GROUP</b> Allison &amp; Cat (11:00 – 12:00PM)</div> <div>--</div> <div><b><u>ART GROUP</u></b> Cat &amp; Steph (12:15 -1:15PM)</div> <div>--</div> <div><b>**<u>SELF-ESTEEM WORKSHOP</u></b> with Cat &amp; (1:30 – 2:30PM)</div>	<div>11</div> <div>Full Moon (April 12)</div>
<div>14</div> <div><b>**<u>BOWLING</u></b> Barrie Bowlerama Katie &amp; Jessicah (1:00 – 2:00PM) Depart office 12:30 Return at 2:30 limited spots (6)</div>	<div>15</div> <div><b>1:1 Peer Support (9:45-10:30AM)</b></div> <div>--</div> <div><b>LEARN TO PLAY EUCHRE</b> Katie &amp; Cat (11:30 – 12:30PM)</div> <div><b>**<u>SEWING 101</u></b> Cat &amp; Steph (1:30-2:45)</div> <div>--</div> <div><b>**<u>NATURE &amp; PHONE PHOTOGRAPHY</u></b> Sunnidale Park Cat &amp; Allison (3:15 – 4:15PM)</div>	<div>16</div> <div><b>**<u>GROUP FITNESS F45 (636 Young St)</u></b> Melissa &amp; Meghan (12:00 – 1:00PM) Limited spots (4)</div>	<div>17</div> <div><b>1:1 Peer Support (9:45-10:30AM)</b></div> <div>--</div> <div><b>BILLIARDS</b> Allison &amp; Cat (11:00 – 12:00PM)</div> <div>--</div> <div><b><u>ART GROUP</u></b> Cat &amp; Meghan (12:15 -1:15PM)</div> <div>--</div> <div><b>**<u>SIP &amp; SHARE PEER SUPPORT</u></b> Mariposa Market Orillia with Cat (3:15 – 4:15PM)</div>	<div>18</div> <div>Good Friday</div>
<div>21</div> <div>Easter Monday</div>	<div>22</div> <div>Earth Day</div> <div><b>EPI STAFF MEETING</b></div> <div>--</div> <div><b>LEARN TO PLAY EUCHRE</b> Katie &amp; Cat (11:30 – 12:30PM)</div> <div>--</div> <div><b>**<u>SIP &amp; SHARE PEER SUPPORT &amp; MCLAREN ART TOUR</u></b> Lazy Tulip Café with Cat (3:00 – 4:30PM)</div>	<div>23</div> <div><b>**<u>GROUP FITNESS F45 (636 Young St)</u></b> Melissa &amp; Meghan (9:30 – 10:30AM) Limited spots (4)</div> <div><b>**<u>CRAFT GROUP (Orillia)</u></b> With Steph 11:00-12:30PM</div> <div>--</div> <div><b>**<u>THE MINDFUL KITCHEN: COOKING &amp; LIFE COACHING</u></b> Grillicious (2 Marsellus Dr) Meghan &amp; Jessicah (10:00 – 12:00PM) Limited spots</div>	<div>24</div> <div><b>WALKING GROUP</b> Allison &amp; Becky (11:00 – 12:00PM)</div> <div>--</div> <div><b>**<u>GO-Explore Toronto TRAIN-LUNCH-CITY WALK</u></b> Cat &amp; Meghan Depart Allendale 9:02AM return at 5:41PM limited spots (Station Meeting Time 8:30am)</div>	<div>25</div> <div><b>**<u>GROUP FITNESS F45 (636 Young St)</u></b> Melissa &amp; Meghan (12:00 – 1:00PM) Limited spots (4)</div>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
28 <b>**GROUP FITNESS F45 (636 Young St)</b> Melissa & Meghan (12:00 – 1:00PM) Limited spots (4) --	29 <b>1:1 Peer Support (9:45-10:30AM)</b> -- <b>LEARN TO PLAY EUCHRE</b> Katie & Cat (11:30 – 12:30PM) -- <b>**BILLIARDS TOURNAMENT &amp; PIZZA PARTY</b> Cat & Jessicah (1:30 – 3:00PM)	30 <b>**THE MINDFUL KITCHEN: COOKING &amp; LIFE COACHING</b> Grillicious (2 Marsellus Dr) Becky & Katie (10:00 – 12:00PM) Limited spots												
IN THE COMMUNITY														
<b>ORDER A GOOD FOOD BOX:</b>  The goal is to bring communities together through fresh, healthy food. Providing everyone with the opportunity to eat better.  <b>PRICE \$20:</b> Each food box includes a variety of seasonal, fresh fruits and vegetables. Boxes include 2 pounds of carrots, 2 pounds of onions, 3 pounds of apples and 10 pounds of potatoes, plus about 5-6 additional fruits and vegetables. <u>(\$15 for Georgian Collage students)</u>  Order by the first Wednesday of every month at: <a href="https://www.barriegoodfoodbox.com/shop">https://www.barriegoodfoodbox.com/shop</a>		<b>GOOD FOOD BOX VOLUNTEER OPPORTUNITY:</b>  The lifting requirements are about 35lbs however there are wagons and carts to assist. Snacks are provided. If you would like to volunteer, please contact your caseworker or the good food box directly. <b>Carol:</b> <a href="mailto:barriegoodfoodbox@gmail.com">barriegoodfoodbox@gmail.com</a>  <b>The shifts are as follows:</b> <table><tr><td>Set-up and unload truck</td><td>9:00am - 10:30am</td></tr><tr><td>Pack and move bags</td><td>9:30am - 12:30pm</td></tr><tr><td>Pick-up /carrying bags to cars</td><td>12:00pm - 2:00pm</td></tr><tr><td>pick-up /carry bags to cars</td><td>2:00pm - 4:00pm</td></tr><tr><td>pick-up/ clean up</td><td>4:00pm - 6:00pm</td></tr></table>			Set-up and unload truck	9:00am - 10:30am	Pack and move bags	9:30am - 12:30pm	Pick-up /carrying bags to cars	12:00pm - 2:00pm	pick-up /carry bags to cars	2:00pm - 4:00pm	pick-up/ clean up	4:00pm - 6:00pm
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GROUP DESCRIPTIONS														
<b>WALKING GROUP (Please note group will be cancelled if there is a cold weather advisory)</b> Walking is a great way to improve your physical and emotional health. Connect socially and enjoy this stress-free way to exercise. <b>**GROUP LEAVES AT 11AM SHARP**</b>  <b>**SIP &amp; SHARE PEER SUPPORT (Sign up required)</b> A supportive space where individuals who have experienced psychosis can come together to offer each other emotional, social, and practical support. Enjoy a warm beverage and build relationships based on mutual understanding and acceptance. This group is offered in both Barrie and Orillia for individuals residing in those areas. <b>(coffee or tea provided)</b>  <b>**SEWING 101 (Sign up required)</b> Enhance a valuable life skill by learning basic hand sewing. This group will take place in both Barrie and Orillia with the same content taught in both. Please let your caseworker know which location you will be attending.  <b>**GO-EXPLORE TORONTO (Station Meeting Time 8:30am)</b> A guided experience teaching participants how to ride the GO Train, enjoy a group lunch, and explore the city's highlights on foot. Please dress weather appropriate with adequate footwear. Limited Spots. Sign up required. <b><u>Train departs Allendale Station at 9:02AM SHARP and will return at 5:41PM.</u></b>  <b>**BOWLING (Depart office at 12:30/ Return 2:30PM)</b> Whether you are a seasoned bowler or just starting out, our diverse group welcomes all skill levels. Join the group, share the laughter, and enjoy the thrill of knocking down some pins.  <b>**THE MINDFUL KITCHEN: COOKING &amp; LIFE COACHING (10:00 – 12:00PM) (Sign up required)</b> <b>Location: Grillicious (2 Marsellus Dr)</b> A hands-on cooking and life skills group that promotes healthy eating, mindfulness, and community wellness. Learn to cook affordable, easy and nutritious meals with Chef Josie while gaining practical life skills from Life Coach Dave in a supportive and engaging environment.														
<b>ATTENTION:</b> Please be aware that events may be subject to cancellation due to adverse weather conditions. We prioritize the safety and well-being of all attendees and staff. We will provide timely updates and notifications in the event of any changes. Thank you for your understanding and cooperation.														
PLEASE NOTIFY YOUR CASEWORKER IF YOU WOULD LIKE TO ATTEND ANY / ALL GROUPS														