

Looking for a free ride? Check out <http://firebirdcycle.ca/> and earn yourself a free bike!

SEPTEMBER 2023

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Events and group schedule are for individuals 14–35 YEARS OLD</div> <div>(**) indicates sign up is required</div> <div><u>UNDERLINED</u> events are for EPI clients only</div>				<div>1</div> <div>CRAFT GROUP</div> <div>with Bill & Cat</div> <div>(10:30 – 12:00PM)</div>
<div>4</div> <div>LABOUR DAY</div> <div>(Office Closed)</div>	<div>5</div> <div>OFF: Dr. Mulder</div> <div>STAFF MEETING</div> <div>No Groups</div>	<div>6</div>	<div>7</div> <div>OFF: Dr. Livermore</div> <div>APPLE PICKING**</div> <div>with Cat & JLaw</div> <div>(2:00 – 4:00PM)</div>	<div>8</div> <div>World Literacy Day</div> <div>(UN)</div> <div>--</div> <div>Grandparents Day</div> <div>(September 10)</div> <div>--</div> <div>World Suicide Prevention Day</div> <div>(September 10)</div>
<div>11</div> <div>BASKETBALL</div> <div>(1:00PM - 2:00PM)</div> <div>with Ninah</div> <div>--</div> <div>PEER SUPPORT</div> <div>(2:15 - 3:15PM)</div> <div>with Ninah</div>	<div>12</div> <div>TENNIS GROUP</div> <div>with Steve & Allison</div> <div>(10:30 – 12:00PM)</div>	<div>13</div> <div>International Chocolate Day</div>	<div>14</div> <div>Full Moon</div> <div>BAKING w/ APPLES**</div> <div>with JLaw & Ninah</div> <div>(1:00 - 3:00PM)</div>	<div>15</div>
<div>18</div> <div>BASKETBALL</div> <div>(1:00PM - 2:00PM)</div> <div>with Ninah</div> <div>--</div> <div>PEER SUPPORT</div> <div>(2:15 - 3:15PM)</div> <div>with Ninah</div>	<div>19</div> <div>TENNIS GROUP</div> <div>(10:30 – 12:00PM)</div> <div>with Steve & Allison</div>	<div>20</div>	<div>21</div> <div>World Gratitude Day</div> <div>STAFF EVENT</div> <div>(12:00 – 4:00PM)</div> <div>NO GROUPS</div>	<div>22</div> <div>FALL BEGINS</div> <div>(September 23)</div>
<div>25</div> <div>BASKETBALL</div> <div>(1:00PM - 2:00PM)</div> <div>with Ninah</div> <div>--</div> <div>PEER SUPPORT</div> <div>(2:15 - 3:15PM)</div> <div>with Ninah</div>	<div>26</div> <div>TENNIS GROUP</div> <div>(10:30 – 12:00PM)</div> <div>with Steve & Allison</div> <div>--</div> <div>DBT (Week 1 of 4)</div> <div>(3:30-4:30PM)</div> <div>with Steph & Tess</div> <div>ENDS OCTOBER 17TH</div>	<div>27</div>	<div>28</div> <div>PHOTOGRAPHY & HIKE</div> <div>AT HORSESHOE**</div> <div>with Cat & Allison</div> <div>(2:15- 4:15PM)</div>	<div>29</div>
<div>EPI: 705-726-5033 (Press 2)</div> <div>24/7 CRISIS SERVICES: 705-728-5044</div>				
<div>If you have any questions, new ideas for groups or events</div> <div>please email Cat at: cperkins@cmhastarttalking.ca</div>				