

SEPTEMBER 2024

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CIVIC HOLIDAY OFFICE CLOSED	TENNIS with Steve and Allison (10:30 – 12:00PM)	<i>Good Food Box Orders Due</i> FAMILY SUPPORT GROUP with Ninah (5:00 – 7:00PM) For caregivers and loved ones who need support	WALKING GROUP & ICE CREAM with Allison & Steve (10:00 – 11:00AM) -- BILLIARDS with Cat (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT with Shauna & Lyora (2:00 - 3:00PM)	ART GROUP with Cat & Shauna (10:00AM -11:30AM) -- GAMES GROUP with Cat &Shauna (11:30AM -12:30PM)
9	10	11	12	13
DISC GOLF AT SANDY HOLLOW with Meghan & Becky (2:30 – 3:30PM) Meet at office at 2:15 (434 Ferndale Dr. North)	TENNIS with Steve and Allison (10:30 – 12:00PM)	<i>Good Food Box Delivery</i> GOOD FOOD BOX VOLUNTEER OPPORTUNITY various time slots see description on back. -- PHILOSOPHY with Ninah & (1:00 – 2:00PM)	WALKING GROUP with Allison & Steve (10:00 – 11:00AM) -- BILLIARDS with Cat (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT with Shauna & Lyora (2:00 - 3:00PM) -- **MUSIC GROUP with Percy & Becky (4:00 - 6:00PM)	ART GROUP with Cat & Shauna (10:00AM -11:30AM) -- GAMES GROUP with Cat & Shauna (11:30AM -12:30PM)
16	17	18	19	20
**CBT FOR PSYCHOSIS with Steph & Becky (1:30 – 2:30PM) 5 weeks	TENNIS with Steve and Allison (10:30 – 12:00PM) -- YOGA WITH MAIA (1:00 - 2:00PM)		CMHA STAFF BBQ	ART GROUP with Cat & Shauna (10:00AM -11:30AM) -- GAMES GROUP with Cat & Shauna (11:30AM -12:30PM)
23	24	25	26	27
<i>Fall Begins</i> **CBT FOR PSYCHOSIS with Steph & Becky (1:30 – 2:30PM) -- DISC GOLF AT SANDY HOLLOW with Meghan & Ninah (2:30 – 3:30PM) Meet at office at 2:15 (434 Ferndale Dr. North)	TENNIS with Steve and Allison (10:30 - 12:00PM)	FALL PHOTOGRAPHY with Cat (12:30-1:30PM) Meet at Queens Park near the baseball diamond -- PHILOSOPHY with Ninah and (1:30 – 2:30PM)	**APPLE PICKING** (BARRIE HILL FARMS) with Cat & Megham (12:30 – 2:00PM) WALKING GROUP with Allison & Steve (10:00 – 11:00AM) -- BILLIARDS with Cat (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT with Shauna & Lyora (2:00 - 3:00PM) -- **MUSIC GROUP with Percy & Becky (4:00 - 6:00PM)	ART GROUP with Cat & Shauna (10:00AM -11:30AM) -- GAMES GROUP with Cat & Shauna (11:30AM -12:30PM)
30				
TRUTH & RECONCILIATION OFFICE CLOSED	(**) INDICATES SIGN UP IS REQUIRED. UNDERLINED events are for EPI clients only.			
	IMPORTANT: Events and group schedule are for individuals 14–35 YEARS OLD that are registered and or using CMHA services.			

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

IN THE COMMUNITY

THE GOOD FOOD BOX:

Barrie Good Food Box is a not-for-profit program that operates all over Canada. The concept is based on buying bulk fresh vegetables and fruits at wholesale prices to prepare a healthy and varied selection of produce at an affordable cost. The goal is to bring communities together through fresh, healthy food. Providing everyone with the opportunity to eat better.

PRICE \$20: 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.
(\$15 for Georgian Collage students)

Order by the first Wednesday of every month at: <https://www.barriegoodfoodbox.com/shop>

GOOD FOOD BOX VOLUNTEER OPPORTUNITY:

Barrie Free Methodist Church, 290 Cundles Rd E

The Good Food Box is looking for volunteers. The program operates every second Wednesday of the month and has several different shifts. 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.

Carol: barriegoodfoodbox@gmail.com

The shifts are as follows:

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

GROUP DESCRIPTIONS

WALKING GROUP

Walking is a great way to improve your physical and emotional health. Connect socially and enjoy this stress-free way to exercise.

****GROUP LEAVES AT 10AM SHARP****

TENNIS

No skill required. Clients will walk with staff to tennis courts located nearby. EPI will provide equipment needed, demonstrate basic skills and instruct clients on game rules. Please wear appropriate weather attire and a water bottle.

ART GROUP

Dive into the world of artistic expression with our hands-on art-making workshops. Unleash your creativity, learn new techniques, and connect with like-minded individuals in a supportive and inspiring environment. **(Snacks Provided)**

**DISC GOLF AT SANDY HOLLOW

Disc golf is an outdoor sport that combines the rules and objective of traditional golf with the use of discs (frisbees). Players aim to complete each hole by throwing a disc from a tee area into a metal basket, using the fewest number of throws.

**MUSIC GROUP (Sign up required- open to EPI clients and individuals under the age of 26)

Unlock your musical potential with our certified instructors from the Canadian Musician Cooperation. Join our FREE 12-week session (sign-up is required), offering opportunities to master guitar, keyboard, drums, and/or vocals. Open to CMHA clients aged 14-26 and all EPI clients. Contact rparkinson@cmhastartalking.ca for details and registration.

**CBT FOR PSYCHOSIS

What is Cognitive Behavioural Therapy? Participants will learn how to use CBT effectively in their everyday lives.

PHILOSOPHY

Philosophy is about exploring big questions like what life means and how we should live. It helps us think more clearly and understand the world better. By asking and discussing these questions, philosophy can be to find important truths.

**WELL-BEING VIRTUAL GROUP

Peer support facilitated group to provide community support and connectedness through topics of mental health, well-being, addiction and substance abuse, crisis planning/ prevention/ intervention strategies, rebuilding self-esteem/ identity/empowerment, regaining control through community support and inspirational relationships. To register contact Ora at 705-790-5792 or 705-790-5033 ext. 301 or email peersupport@cmhastartalking.ca

FALL PHOTOGRAPHY

Our fall photography group meets at Queens Park to capture natur bright autumn colors using their phones. They share tips on taking great pictures, focusing on the golden leaves and clear skies. The park's calm setting makes it easy to enjoy the season and improve their photography skills.

ATTENTION: 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

24/7 CRISIS SERVICES: 705-728-5044
EPI OFFICE: 705-726-5033 (Press 2)

If you have any questions or ideas for groups/events please email: cperkins@cmhastartalking.ca

