

NOVEMBER 2024

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(**) 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..	
				1
				OFFICE CLOSED <i>November Begins</i>
4	5	6	7	8
**DBT GROUP PT.1 with Steph & Becky (3:00 – 4:00PM)	TABLE TENNIS with Steve & Allison (10:30 – 11:30PM) -- LEARN TO PLAY EUCHRE with Heidi (12:30 – 1:30PM) -- **CANVAS ART with Cat & (1:45 – 2:45PM) 6 spots available	<i>Good Food Box Orders Due</i> -- ODSP Q&A 1:45 – 2:45PM -- FAMILY SUPPORT GROUP with Ninah (5:00 – 7:00PM) For caregivers and loved ones who need support	WALKING GROUP CANCELLED -- BILLIARDS (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	ART GROUP with Cat & Bill (10:00AM -11:30AM) -- GAMES GROUP with Cat & Bill (11:30AM -12:30PM) -- Mental Health and Wellbeing pt.1 With Shauna 12:30 – 1:30PM -- Coping Strategies With Shauna 1:45 – 2:45PM <i>Indigenous Veterans Day</i>
11	12	13	14	15
**DBT GROUP PT.2 with Steph & Becky (3:00 – 4:00PM) <i>Remembrance Day</i>	TABLE TENNIS with Steve & Allison (10:30 – 11:30PM) -- POETRY/JOURNAL WRITING with Cat (11:30 – 12:30PM)	<i>Good Food Box Delivery</i> GOOD FOOD BOX VOLUNTEER OPPORTUNITY various time slots see description on back. -- PHILOSOPHY with Ninah (3:00 – 4:00PM)	**RIPLEY'S AQUARIUM with Cat and Meghan (11:15 – 2:15PM) Leave at 9:15/ Return 4:00PM WALKING GROUP (10:00 – 11:00AM) -- BILLIARDS (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	ART GROUP with Cat & Bill (10:00AM -11:30AM) -- GAMES GROUP with Cat & Bill (11:30AM -12:30PM) -- Mental Health and Wellbeing pt.2 with Shauna (12:30 – 1:30PM) -- Goal Setting pt.1 with Shauna (1:45 – 2:45PM) <i>Full Moon</i>
18	19	20	21	22
**DBT GROUP PT.3 with Steph & Becky (3:00 – 4:00PM)	TABLE TENNIS with Steve & Allison (10:30 – 11:30PM) -- LEARN TO PLAY EUCHRE with Heidi (12:30 – 1:30PM) -- YOGA WITH MAIA (1:30 - 2:30PM)		**FIRST LIGHT with Jlaw & Ninah (5:30PM – 8:00PM) Leave at 4:30/ Return 9:00PM WALKING GROUP (10:00 – 11:00AM) -- BILLIARDS (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	ART GROUP (10:00AM -11:30AM) -- GAMES GROUP (11:30AM -12:30PM) -- Mental Health and Wellbeing pt.3 with Shauna (12:30 – 1:30PM) -- Goal Setting pt.2 with Shauna (1:45 – 2:45PM)
25	26	27	28	29
**HEALTHY LIVING with Steph & Becky (3:00 – 4:00PM)	OFFICE CLOSED STAFF MEETING	PHILOSOPHY with Ninah (3:00 – 4:00PM)	WALKING GROUP (10:00 – 11:00AM) -- BILLIARDS (11:00 - 12:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	**Holiday Diamond Art (10:00AM -11:00AM) -- Drop-In Social (11:30AM -12:30PM) Women's Empowerment 12:30 – 1:30PM Mindful Writing 1:45 – 2:45PM <i>Black Friday</i>

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****

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.

POETRY/JOURNAL WRITING

A supportive space where individuals come together to express their thoughts and emotions through creative writing. Participants can engage in discussions to inspire one another and enhance their writing skills. **(Snacks Provided)**

****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. **(Snacks Provided)**

****DBT GROUP**

Dialectical Behavior Therapy (DBT) focuses on helping individuals manage intense emotions and develop healthier coping mechanisms. It emphasizes the balance between acceptance and change, combining mindfulness practices with strategies to regulate emotions, improve interpersonal relationships, and tolerate distress. **(Snacks Provided)**

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

****FIRST LIGHT (Leave at 4:30/ Return 9:00PM)**

"Saint-Marie among the Hurons First Light" is a festive event in Midland, Ontario, featuring candlelit paths, traditional music, and historic re-enactments. It celebrates the winter season with a blend of Indigenous and settler traditions in the 17th-century. **(Snacks Provided- PLEASE EAT DINNER BEFORE EVENT)**

****RIPLEY'S AQUARIUM (Leave at 9:15/ Return 4:00PM)**

A large, interactive facility showcasing a wide variety of marine life through immersive exhibits and underwater tunnels. Visitors can explore themed galleries, watch live shows, and engage with hands-on displays that highlight ocean ecosystems and aquatic creatures. **(Lunch Provided)**

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