

JANUARY 2025

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IMPORTANT: Events and group schedule are for individuals 14–35 YEARS OLD (**) indicates sign up is required <u>UNDERLINED</u> events are for EPI clients only		1 <i>Good Food Box Orders Due</i> -- NEW YEARS DAY OFFICE CLOSED	2 WALKING GROUP with Allison & Cat (10:00 – 11:00AM) -- BILLIARDS (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM)	3 **ART GROUP with Cat & Shauna (9:30 -10:30AM) -- GAMES & SOCIAL with Cat & Shauna (10:45 -11:45AM)
6 **BUSTING WINTER BLUES with RSVP (12:00 – 1:00PM) -- **COOKING GROUP with Meghan & Jess (2:30 – 4:30PM)	7 LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- SONG WRITING with Cat & Brian (12:30 – 1:30PM)	8 <i>Good Food Box Delivery</i> GOOD FOOD BOX VOLUNTEER OPPORTUNITY various time slots see description on back. --	9 WALKING GROUP with Allison & Cat (10:00 – 11:00AM) -- BILLIARDS (11:00 - 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM) -- FAMILY GROUP (5:30- 7:00pm)	10 ART GROUP with Cat & Shauna (9:30 -10:30AM) -- GAMES & SOCIAL with Cat & Shawna (10:45 -11:45AM)
13 **PEERS SUPPORTING PEERS with RSVP (12:00 – 1:00PM)	14 **SEWING 101 with Steph & Jess (10:00 – 11:30AM) -- LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- SONG WRITING with Cat & Brian (12:30 – 1:30PM)	15 **LET'S TALK ABOUT GRIEF with Bob Fehir (12:00 – 1:00PM) -- **SEWING 101 Orillia Public Library (12:30 – 2:30PM)	16 **TRAIL WALKING with Meghan & Becky (10:30 – 12:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	17 ART GROUP with Cat & Shauna (9:30 -10:30AM) -- GAMES & SOCIAL with Cat & Shauna (10:45 -11:45AM) -- **POSITIVE SELF-ESTEEM with RSVP (12:00 – 1:00PM) -- **SCRAPBOOKING with RSVP (1:15 – 2:15PM)
20 **PHYSICAL ACTIVITY GROUP with RSVP (12:00 – 1:00PM)	21 LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- SONG WRITING with Cat & Brian (12:30 – 1:30PM)	22 **BOWLING IN ORILLIA with Becky & Allison (1:30- 2:30PM) Limited spaces	23 WALKING GROUP with Allison & Cat (10:00 – 11:00AM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	24 ART GROUP with Cat & Shauna (9:30 -10:30AM) -- GAMES & SOCIAL with Cat & Shauna (10:45 -11:45AM) -- **DECISION MAKING with RSVP (12:00 – 1:00PM) -- **MY CHOICES with RSVP (1:15 – 2:15PM)
27 **STOMPING STIGMA with RSVP (12:00 – 1:00PM)	28 LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- **COOKING GROUP at GOODNESS ME with Katie & Jess (2:30- 4:30PM) -- **SEWING 101 with Steph & Jess (10:00 –11:30AM)	29 **BUTTON MAKING with RSVP (12:00 – 1:00PM)	30 **BILLIARDS TOURNAMENT/PIZZA with Cat & Allison (11:00 – 1:00PM) -- **WELL-BEING VIRTUAL SUPPORT (2:00 - 3:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	31 ART GROUP with Cat & Shauna (9:30 -10:30AM) -- GAMES & SOCIAL with Cat & Shauna (10:45 -11:45AM)

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.

SONG 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@cmhastarttalking.ca for details and registration. **(Snacks Provided)**

****SEWING 101 (Sign up required)**

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.

****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@cmhastarttalking.ca

****BOWLING IN ORILLIA (Leave at 1:00/ Return 3:15PM)**

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. **(Snacks Provided)**

****COOKING GROUP (Sign up required)**

Not sure how to make a healthy, budget-friendly snack or meal? Kick off our new cooking group by joining us as we prep and make something delicious. Take home something nutritious to make or grab on the go.

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@cmhastarttalking.ca