

MARCH 2025

EPI Recreation/Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IMPORTANT: Events and group schedule are for individuals 14–35 YEARS OLD that are registered and or using CMHA services.			(**) INDICATES SIGN UP IS REQUIRED UNDERLINED events are for EPI clients only	
3 **TRAIL WALKING in ORILLIA with Meghan & Becky (1:00 – 2:30PM) World Wildlife Day	4 Pancake Tuesday BILLIARDS with Jess (10:30 -11:30PM) -- LEARN TO PLAY EUCHRE with Katie & Hayley (11:30 – 12:30PM) **BATTING CAGES with Jess & Meghan (3:30-4:30)	5 Ash Wednesday <i>Good Food Box Orders Due</i> -- BUDGETING & SAVING INFO SESSION With JLaw at The Barrie Public Library Painswick Branch (10:30-11:30)	6 REDUCING YOUR USE with JLaw (10:00-11:00) WALKING GROUP with Jess & Hayley (11:00 – 12:00PM) ART GROUP with Meghan (12:00-1:00) -- **MUSIC GROUP (4:00 - 6:00PM) -- FAMILY SUPPORT GROUP with Hayley & JLaw (5:30- 7:00pm) For caregivers and loved ones who need support	7 International Woman's Day (March 8)
10 SCDSB March Break Begins Daylight Savings Time Begins (March 9 at 2AM turn clocks forward)	11 **GROUP FITNESS F45 (636 Young St) Melissa & Meghan (9:30 – 10:00AM) Limited spots (4) -- LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- **SIP & SHARE PEER SUPPORT Lazy Tulip Café with Cat (3:00 – 4:00PM)	12 <i>Good Food Box Delivery</i> GOOD FOOD BOX VOLUNTEER OPPORTUNITY with Becky & Allison (9:30 –11:30AM)	13 WALKING GROUP with Allison & Cat (11:00 – 12:00PM) -- **ART GROUP with Cat & Hayley (12:00 -1:00PM) -- **SEEING GREEN" PIZZA PARTY with EPI staff (2:00 – 3:30PM) -- **MUSIC GROUP (4:00 – 6:00PM)	14 World Pi-Day SCDSB March Break Ends Full Moon
17 **COOKING GROUP 290 Cundles Rd East with Jess & Allison (3:30pm - 530pm)	18 **SEWING 101 with JLaw (10:00 – 11:30AM) -- LEARN TO PLAY EUCHRE with Katie & Jess (11:30 – 12:30PM) -- YOGA WITH MAIA with JLaw (1:30 – 2:30PM)	19	20 WALKING GROUP with Allison & Cat (11:00 – 12:00PM) -- **ART GROUP with Cat & Meghan (12:00 -1:00PM) -- **SIP & SHARE PEER SUPPORT Mariposa Market Orillia with Cat (3:15 – 4:15PM) -- **MUSIC GROUP (4:00 – 6:00PM)	21 World Water Day (UN) **SKATING AT BARRIE CITY HALL with JLaw & Becky (2:30-3:30)
24 **BOWLING Barrie Bowlerama with Jess & Katie (1:00 – 2:00PM) Depart office 12:30 Return at 2:30 limited spots (6)	25 LEARN TO PLAY EUCHRE with Katie & Cat (11:30 – 12:30PM) -- **SHAWS MAPLE SYRUP LUNCH & TRAIL WALK with Cat & Meghan (1:30 – 3:30PM) Depart office at 1:00PM return at 4:00PM limited spots (6)	26	27 WALKING GROUP with Allison & Cat (11:00 – 12:00PM) -- **ART GROUP with Cat (12:00 -1:00PM) -- **SIP & SHARE PEER SUPPORT William's Café Barrie with Cat (3:00 – 4:00PM) -- **MUSIC GROUP (4:00 - 6:00PM)	28 Earth Hour (8:30-9:30 PM) **GROUP FITNESS F45 (636 Young St) Melissa & Meghan (12:00 – 1:00PM) Limited spots (4)
31 **COOKING GROUP 290 Cundles Rd East with Jess & Meghan (3:30pm - 530pm)				

PROBLEM GAMBLING AWARENESS MONTH: For more information you can contact the Gambling, Gaming and Technology Program on the CMHA website: <https://cmhastartalking.ca/>

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 (Please note group will be cancelled if there is a cold weather advisory)

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 11AM SHARP****

**SEEING GREEN" PIZZA PARTY (Sign up required)

Get ready for some shamrock shenanigans, friendly competition, and festive fun! Join us as we celebrate St. Patrick's Day with games, creative activities, delicious green & gold treats, and plenty of laughter all in the spirit of good luck and great company. Dress in your best green attire, test your luck in our leprechaun challenges, and enjoy some lively Irish tunes. No pots of gold needed just bring your energy and good vibes!

**REDUCING YOUR USE

Come to the office to meet with peers and our addictions worker to discuss strategies for reducing your use of substances, technology, caffeine, or whatever you identify a need to reduce. With the support of peers, we will brainstorm strategies to address your use and make goals to work towards.

**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.

**SIP & SHARE PEER SUPPORT (Sign up required)

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. **(coffee or tea 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)**

**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@cmhastartalking.ca

**SHAWS MAPLE SYRUP LUNCH & TRAIL WALK (Depart office at 1:00/ Return 4:00PM)

Please dress appropriately for the weather (boots, hat, gloves, etc). A small pancake lunch will be provided.

**BOWLING (Depart office at 12:30/ Return 2:30PM)

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.

**COOKING GROUP (Sign up required)

Not sure how to make a healthy, budget-friendly snack or meal? Join our cooking group and learn to make food that is both simple and 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