

All of our **Peer Led groups** are run on a drop in basis with the exception of the Recovery Support group and sometimes Scrapbooking. Feel free to attend as many groups as you choose! **New friends & new faces are always welcome!**

**The Peer Connections Program has the following groups.**  
Call **Colin** for more information: **780.414.6302**

**New Group: Media Zone**

Come and explore current events and alternative history through various forms of print and visual media .

**Scrapbooking/Fun with Paper**

Learn simple ways to create unique gifts, cards and store cherished memories into an album.

**Recovery Support**

Learn about mental illnesses and techniques to improve your life and the way you interact with others. Please call **Colin at 780.414.6302** for more information.

**Limber Up**

Get active and increase your mobility with simple yoga poses and gentle exercise. No experience necessary!

**Choir & Karaoke**

Join in the fun singing well known songs.

**Women's Web of Discovery**

Have some fun with fellow women as you do a variety of crafting activities, workshops and outings.

**Reading Group**

Read a short story, listen to a song or poem, and then discuss it with everyone!

**Knit & Crochet Club**

Learn different techniques and create beautiful items. Materials such as yarn and hooks are provided.

**Quilting Club**

Learn how to machine quilt using your own cherished fabrics or use ones that we provide.

Editor: Colin Simpson

## CREATING RECOVERY

### MARKS ON A PAGE

A weekly drop-in group for people to explore various forms of writing and expressive arts on their recovery journey. There is no fee and supplies are included!  
**Norwood Child & Family Resources Centre group**  
9516-114 Ave, Wednesdays, 1:30-3:30 pm

### WRITING FOR RECOVERY

A weekly drop-in group for people to explore forms of writing as an expression of their personal recovery stories. There is no fee and supplies are included!  
**Edward Street Apartments group**  
12406—116 Ave, Fridays, 1:30—3:30 pm

For more information about either group phone  
**Colin at 780.414.6302**



### CREATIVE ARTS SPACE

Thursdays 10:00 AM—12:00 PM  
MARCH 2, 16, 23, 30. (NO SESSION March 9)  
Connect with your creative self in this Open Studio.  
Supplies provided. No fee.  
**Call Colin at 780.414.6302 for more information**

### DRAWING OUT YOURSELF (for Women)

Fridays 10:00 am—12:30 pm  
Express yourself, your hopes and strengths through art.  
Supplies provided. No fee.  
**Next series starts on March 17.**  
**Call Mary at 780.708.0697 for more information or to register.**



Unless stated otherwise, all programs are hosted at: Canadian Mental Health Association—Edmonton Region  
300, 10010 –105 Street  
Edmonton, Alberta T5J 1C4

Tel: 780.414.6300 | Fax: 780.482.7498  
main@cmha-edmonton.ab.ca  
www.cmha-edmonton.ab.ca



Canadian Mental Health Association  
Edmonton  
*Mental health for all*

## March 2017 Activity Calendar



Are you an adult living with mental illness?

Check out our programs

## Activity Highlights

For activities which require registration,  
please contact **Colin at 780.414.6302**

### Mondays - Scrapbooking / Fun with Paper

**March 6: Colouring**

**March 13: Making "Green Projects" in honour  
of St. Patrick's Day - Wear Green**

**March 20: Surprise Project**

**March 27: Scrapbooking 101 - Ongoing (please  
bring your pictures to scrapbook)**

### Women's Web

**March 1: Bingo**

**March 15: Painting Boxes**

Please call **Colin at 780.414.6302** to register  
and find out more about this months activity!

### New Group: Media Zone

Come and explore current events through vari-  
ous forms of print and visual media

**March 8 & 22: 10:00-12:00pm**

## Sorting Through Hoarding Groups

### Sorting Through Hoarding

#### Drop In Support Group

No registration required

Every Wednesday from 6:30 PM - 8:30 PM

First Meeting: January 4, 2017

Last meeting: June 14, 2017

#### Sorting Through Hoarding Workshops

9 Weeks - Pre-registration required

Meets Bi-weekly

Wednesdays 3:30 PM - 5:30PM

Starts: Group A - Feb. 15th, Group B - Feb 22.


Registration \$10

#### For registration or information:

**Terri Bailey: 780.761.5693**

**Stacy Walker: 780.717.1745**

# March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  Women's Web * 1:30 - 3:30 pm *Registration is REQUIRED	2  Creative Arts Space 10:00 am -12:00 pm Reading Group 1:30 - 3:30 pm Knit & Crochet Club 1:30- 4:00 pm	3  Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
6  Scrapbooking/Fun with Paper 1:30 - 4:00 pm	7  Recovery Support 10:00am - 12:00 pm Limber Up 1:30 - 2:20 pm Choir & Karaoke 2:30 - 3:30 pm	8  New Group! Media Zone 10:00 am - 12:00 pm	9  Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:30 - 3:30 pm Knit & Crochet Club 1:30 - 4:00 pm	10  Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
13  Scrapbooking/Fun with Paper 1:30 - 4:00 pm	14  Recovery Support 10:00 am - 12:00 pm Limber Up 1:30 - 2:20 pm Choir & Karaoke 2:30 - 3:30 pm	15  Women's Web * 1:30 - 3:30 pm *Registration is REQUIRED	16  Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:30 - 3:30 pm Knit & Crochet Club 1:30 - 4:00 pm	17   Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
20  Scrapbooking/Fun with Paper 1:30 - 4:00 pm	21  Recovery Support 10:00 am - 12:00 pm Limber Up 1:30 - 2:20 pm Choir & Karaoke 2:30 - 3:30 pm	22  New Group! Media Zone 10:00 am - 12:00 pm	23  Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:30 - 3:30 pm Knit & Crochet Club 1:30 - 4:00 pm	24  Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
27  Scrapbooking/Fun with Paper 1:30 - 4:00 pm	28  Recovery Support 10:00 am - 12:00 pm Limber Up 1:30 - 2:20 pm Choir & Karaoke 2:30 - 3:30 pm	29	30  Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:30 - 3:30 pm Knit & Crochet Club 1:30 - 4:00 pm	31  Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm