

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**

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
APRIL 6, 13, 20, 27.

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 runs from May 12—June 16.

Call Mary at 780.708.0697 for more information or to register.



Canadian Mental
Health Association
Edmonton
Mental health for all

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

May 2017 Activity Calendar



Are you an adult living with mental illness?

Activity Highlights

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

Mondays - Scrapbooking / Fun with Paper

May 1: Colouring

May 8: Surprise Project

May 15: Colouring

May 22: Victoria Day—CMHA-ER CLOSED

May 29: Scrapbooking 101—ongoing. Please bring photos.

Women's Web

May 3: Duchess Bakery—Pay your own way.
Meet at the bakery at 1:00 PM.

April 17: Painting Picture Frames

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

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

NEXT GROUPS START IN SEPTEMBER 2017

For registration or information:

Terri Bailey: 780.761.5693

Stacy Walker: 780.717.1745

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Scrapbooking/Fun with Paper 1:00 - 3:30 pm	2 Recovery Support 10:00am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	3 Women's Web * 1:00 - 3:00 pm *Registration is REQUIRED	4 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00 - 3:30 pm	5 Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
8 Scrapbooking/Fun with Paper 1:00 - 3:30 pm	9 Recovery Support 10:00am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	10	11 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00 - 3:30 pm	12 Drawing Out Yourself (For Women) 10:00 am - 12:00 pm Quilting Club 1:30 - 4:00 pm
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29 Scrapbooking/Fun with Paper 1:00 - 3:30 pm	30 Recovery Support 10:00 am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	31	PLEASE NOTE: Afternoon groups begin at 1:00 PM. If you arrive early for an afternoon group you can wait in the Activity Room for the group to start.	
Get ready to #GETLOUD for CMHA Mental Health Week, May 1—7				