

Hours of Operation

Monday 9am to 4:30pm
Tuesday 9am to 4:30pm
Wednesday 9am to 4:30pm
Thursday 9am to 4:30pm
Friday 9am to 2:30pm

Issue #36 May 2025

Community Voices

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We hosted an Easter celebration that featured a concert and a lavish feast worthy of royalty. A great time was enjoyed by all attendees!

This month

- Mark your calendars for a Cinco DeMayo fiesta on Wednesday, May 7, 2025! 🎉
- We will be hosting a Coffee Chat on Tuesday May 13, 2025
- Join us for a Bowling Extravaganza on the illustrious date of May 14, 2025!
- We will be closed on Monday, May 22, 2025, in observance of the Victoria Day holiday.

Disclaimer: The opinions expressed in the Community Voices newsletter are those of the authors, not necessarily those of Prosper Place or CMHA-ER. Prosper Place is a program of the Canadian Mental Health Association.

Please contact Prosper Place at 780.426.7861 with any questions or concerns.

MEET WITH US

Meetings are a very important part of Prosper Place and are open to members and staff. Come join us for the opportunity to contribute to the team.

DAILY MEETINGS

Check-in: Daily at 10:30 am

Check-in (formerly 'Announcements') is an informal way to let everyone know what is happening at Prosper Place. We 'check in' with everyone.

"How are you?" "What's good today?" "Tell me what's happening."

Stay connected with what Prosper Place is doing and fellow peers by checking in with them.

Join Zoom Meeting

[https://us06web.zoom.us/j/86442373834?](https://us06web.zoom.us/j/86442373834?pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09)
[pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09](https://us06web.zoom.us/j/86442373834?pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09)

Meeting ID: 864 4237 3834

Passcode: 500951

WELLNESS WITH BRYNA

Thursdays @ 11am

CREATIVE TIME

May 6th, 2025
May 20th, 2025
@ 11:00

WEEKLY EVENTS

Tuesday

Board Games (1:00 pm)

Wednesday

Social Rec (1:00 pm)

Thursday

Yoga with Dianne (1:00 pm)

Prosper Place respectfully acknowledges that we are located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Metis, Nakota Sioux, Iroquois, Dene, Ojibway / Saulteau / Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.



Check us out on Facebook. We will be posting events regularly
<https://www.facebook.com/ProsperPlaceYEG/>



UPDATES!

PEER MEMBER OF THE MONTH for MAY 2025



Jason N has been chosen as the peer member of the month for May 2025. Jason comes to Prosper Place everyday. He has a very friendly demeanor and likes to chat with other members. He also does a very good job helping out in the canteen everyday and helping out any way he can..

Congratulations Jason!

MEMBER BIRTHDAYS

We celebrate birthdays every Wednesday with a birthday treat prepared in-house by our very talented Samantha. Remember, you receive one complimentary birthday meal (lunch) in your birthday month which you must redeem by the end of that month. See Peer Leaders for your birthday coupon.

Amina O.
Andrea W.
Andrew L.
Andrew S.
Angela T.
Angelo F.
Aviendha T.
Ben P.
Camelia P.
Carl S.
Chris H.
Colton M.
Curtis M.
Darcy F.
Darshini S.
Deanna B.
Doug P.
Emily M.
Eva G.
Eva H.
Gabrielle M.

Gilbert R.
Goliath S.
Gordon K.
Heather F.
Jacqueline O.
Jane P.
Jane R.
Janet W.
Janice H.
Jasper B.
Jerry M.
John B.
John L.
Karen L.
Kim P.
Kimberley F.
Leslie M.
Linda L.

Mary J.
Matthew T.
Maureen C.
Maxine J.
Melanie C-S.
Melanie R.
Michelle P.
Miroslav M.
Mitchell M.
Peter P.
Robyn M.
Ron M.
Scott S.
Shawn F.
Simon W.
Steven P.
Tammy W.
Teresa E.

Terry D.
Tetyana K.
Theresa M.
Trevor B.
Wayne K.
Wendy M.

DROP-IN TOURS

Come for a tour and check out the Prosper Place community.

If you or someone you know is an adult living with a mental illness, come in for a tour of Prosper Place.

We are an inclusive community of peer members with lived experience. We welcome new peer members, and you can choose your own path of recovery, wellness, and resilience.

Becoming a peer member is free and no medical referral is necessary.

What's involved in a drop-in tour?

Drop-in tours take place twice a week:

1. every Wednesday from 10:00 AM to 12:00 PM
2. every Monday from 1:00 PM – 3:00 PM.

You don't need to book a tour, just show up on Wednesday mornings or Monday afternoons.

When you come for a tour, one of the peer member Tour Guides will show you around and tell you about the many different things that you can take part in. You are welcome to bring friends, family or supports on the tour if you like.

What's the next step?

If you choose to join and become a member of Prosper Place, the next step is to fill out a two-page application form. Your tour guide will give you the form and you can fill it out for yourself.



Prosper Place

CINCO



**DE
MAYO**

Party

May 7, 2025

\$4.00 for members

\$8.00 for staff/guests

50 ticket limit





Join us for

Coffee Chat

Tuesday May 13, 2025

11:00 am

Central Hall

Prosper Place

Drop-In Single Session Counselling

Drop-In Single Session Counselling offers **NO-COST** single-session counselling to individuals, couples, and families when they need it most. This is a drop-in service with multiple locations throughout Edmonton and CMHA Edmonton is a proud partner of this essential service. For additional information please visit dropinyeg.ca.

WHAT IS OFFERED?

Our service is provided by intern therapists who are completing their Masters or PhD in therapy or other counselling areas. In addition to the extensive individual and group supervision they receive, we also use a team approach so you can benefit from many perspectives to help you make the change you desire.

We will help you create a plan to solve the most important issue you wish to address in our single-session therapy. Referral to other community services is provided if required.

While we don't pre-book appointments, if you need service in the future, you are welcome to return for additional counselling sessions.

WHAT YOU CAN EXPECT

When you arrive, you will be welcomed by a receptionist. They will let you know when you would be able to see an Intern Therapist. If this time works for you, you will be asked to complete forms that help us to understand what single issue you would most like to address with an Intern Therapist. This information will help us to assist you to make the changes you wish to see.

You will be seen in the order in which you arrive.

Drop-In counselling is a single 50 minute session service.

Our qualified team can assist with a number of issues including but not limited to:

Adjusting to Life in Canada Parenting	
Alcohol and Drug Use Personal or Job Stress	
Anger Management Relationship Issues	
Anxiety and Depression Separation and Divorce	
Balancing Work and Family Sexual Abuse (men and women)	
Grief and Loss Trauma	
Lesbian, gay, bisexual, transgender, questioning Intimate Partner Violence or Domestic Violence (LGBTQ)	



What We Did

Easter Luncheon

We packed the studio to the rafters for an epic concert and a mouthwatering feast!



Tuesday Board Games

We had a blast unleashing our wild card skills in Uno!



Coloring Contest

Everyone unleashed their inner Picasso with their coloring prowess, and the victors strutted away with fabulous prizes!



Easter Crafts

Our Easter craft making session was an absolute blast!



Karaoke

Everyone belted out tunes like pop stars on a mission!



ETS Presentation

We had a substantial audience for the ETS presentation.



2SLGBTQ+ Presentation

The 2SLGBTQ+ presentation was a treasure trove of knowledge!



MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Wellness with Bryna Yoga with Dianne	2
5 Drop In Tours	6 Drop In Counselling Creative Time Board Games	7 Social Rec: Cinco DeMayo Party 	8 Wellness with Bryna Peer Board Meeting Yoga with Dianne	9
12 Drop In Tours	13 Drop In Counselling  Coffee Chat Board Games	14 Drop In Tours Social Rec: Bowling Extravaganza 	15 Wellness with Bryna Yoga with Dianne	16
19 Closed for Holiday	20 Drop In Counselling Creative Time Board Games	21 Drop In Tours Social Rec: Name That Tune 	22 Wellness with Bryna Peer Board Meeting Yoga with Dianne	23
26 Drop In Tours	27 Drop In Counselling Board Games	28 Drop In Tours Social Rec: Bingo 	29 Wellness with Bryna Yoga with Dianne	30

MAY 2025

MAY 1	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM
MAY 2	LOCATION	TIME
Open		9:00AM TO 2:30 PM
MAY 5	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
MAY 6	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Creative Time	Central Hall	11:00 AM
Board Games	Prosper Place	1:00 PM
MAY 7	LOCATION	TIME
Social Rec: Cinco DeMayo Party	Prosper Place	10:00 AM TO 2:00 PM
MAY 8	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Peer Board Meeting	Central Hall	12:30 PM
Yoga With Dianne	Studio	1:00 PM
MAY 9	LOCATION	TIME
Open	Proser Place	9:00 AM TO 2:30 PM
MAY 12	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
MAY 13	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Coffee Chat	Central Hall	11:00 AM
Board Games	Prosper Place	1:00 PM

MAY 14	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bowling Extravaganza	Prosper Place	1:00 PM

MAY 15	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM

MAY 16	LOCATION	TIME
Open	Prosper Place	9:00 AM TO 2:30 PM

MAY 19	LOCATION	TIME
Closed for Holiday		

MAY 20	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Creative Time	Central Hall	11:00 AM
Board Games	Prosper Place	1:00 PM

MAY 21	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Name That Tune	Studio	1:00 PM

MAY 22	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Peer Board Meeting	Central Hall	12:30 PM
Yoga With Dianne	Studio	1:00 PM

MAY 23	LOCATION	TIME
Open	Prosper Place	9:00 AM TO 2:30 PM

MAY 26	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00
MAY 27	LOCATION	TIME
Drop in Counselling	Prosper Place ¹³	10:00 AM TO 3:00 PM
Board Games	Prosper Place	1:00 PM
MAY 28	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bingo	Studio	1:00 PM
MAY 29	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga With Dianne	Studio	1:00 PM
MAY 30	LOCATION	TIME
Open	Prosper Place	9:00 AM TO 2:30

