All of our **Peer Led groups** are run on a **drop in** basis with the exception of the Recovery Support group and Cards With Pam. 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.

Quilt Club Plus More

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

Program of wellness NETWORK

CREATIVE ARTS SPACE

Thursdays 10:00 AM—12:00 PM
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)

October 27, November 3, 10, 17, 24, December 1
Express yourself, your hopes and strengths through art.
Supplies provided. No fee.
Call or text 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

November 2017

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

Nov 6: Colouring
Nov 13: CMHA-ER CLOSED FOR REMEBRANCE DAY HOLIDAY
Nov 20: Scrapbooking 101 - ongoing - please bring your photos
Nov 27: Cards With Pam. Fee is $5.00. Please pay Joyce or Teresa . Registration is required. Space is limited. NOTE TIME: 1:30—3:00 PM

Women's Web

Nov 1: Halloween Party 12:30—2:30 PM
Nov 8: Self manicures
Nov 15: Coffee & Doughnut at Tm Hortons
Please call **Colin at 780.414.6302** to register!

Sorting Through Hoarding Groups

Sorting Through Hoarding Workshops

9 weeks pre-registered, meets Bi-weekly
Wednesdays 3:30 PM—5:30 PM
Group A starts September 13, 2017
Group B starts September 20, 2017
$10 registration fee

Sorting Through Hoarding Drop In Support Group

No registration required
Every Wednesday from 6:30 PM—8:30 PM
First meeting: September 13, 2017
Last meeting: June 13, 2018
$1 per week

For registration or information:
Terri Bailey: 780.761.5693
Stacy Walker: 780.717.1745

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **HALLOWEEN PARTY** **12:30—2:30 pm** **Fun, games, prizes for costumes**	2 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00– 3:30 pm	3 Drawing Out Yourself for Women 10:00 am - 12:30 pm Quilt Club Plus More 1:00 - 3:30 pm
6 Scrapbooking/Fun with Paper 1:00 - 3:30 pm	7 Recovery Support 10:00 am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	8 Women's Web * 1:00 - 3:00 pm *Registration is REQUIRED	9 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00– 3:30 pm	10 Quilt Club Plus More 1:00 - 3:30 pm
13 **CMHA-ER CLOSED FOR REMEMBRANCE DAY HOLIDAY**	14 Recovery Support 10:00 am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	15 Women's Web * 1:00 - 3:00 pm *Registration is REQUIRED	16 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00– 3:30 pm	17 Quilt Club Plus More 1:00 - 3:30 pm
20 Scrapbooking/Fun with Paper 1:00 - 3:30 pm	21 Recovery Support 10:00 am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	22	23 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00– 3:30 pm	24 Drawing Out Yourself for Women 10:00 am - 12:30 pm Quilt Club Plus More 1:00 - 3:30 pm
27 Scrapbooking/Fun with Paper Cards With Pam *Registration is REQUIRED 1:30 - 3:00 pm	28 Recovery Support 10:00 am - 12:00 pm Limber Up 1:00 - 1:50 pm Choir & Karaoke 2:00 - 3:00 pm	29	30 Creative Arts Space 10:00 am - 12:00 pm Reading Group 1:00 - 3:00 pm Knit & Crochet Club 1:00– 3:30 pm	

PLEASE NOTE: Afternoon groups begin at 1:00 PM. If you arrive early for your afternoon group you are welcome to wait in the Activity Room for the group to begin.