

All of our **Peer Led groups** are run on a **drop in** basis with the exception of 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 Reception or more information:  
780.414.6300**

#### **Scrapbooking/Fun with Paper**

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

#### **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.

#### **Reading Group**

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

#### **Textile Arts Open Studio**

Learn to knit, crochet, quilt, cross-stitch, sew a garment or try basic weaving. Express your creativity through other textile techniques you may already be familiar with. Be traditional or quite experimental.

Editor: Gail Haynes Proofreader: Joyce H.

## **CREATING RECOVERY**

### **CREATIVE ARTS SPACE**

**Thursdays 10:00 AM—12:00 PM**

**Connect with your creative self in this Open Studio.**

**Supplies provided.**

**No fee.**

**Call :780.414.6300 for more information**



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 2019 Activity Calendar**



Are you an adult living with mental illness?

Check out our programs!

## Activity Highlights

For activities which require registration, please contact RECEPTION at 780.414.6300

### Thursday Scrapbooking / Fun with Paper

**May 2 : Colouring**

**May 9 : Surprise Project**

**May 16 : Learn about gadgets**

**May 23: Office closed**

**May 30 : Cards with Pam. Cost is \$5.00, please register as space is limited.**

# May 2019

THURSDAY	FRIDAY
<b>2</b> Scrapbooking 10:00 am – 11:20 am Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>3</b> Reading Group 10:00 am-10:50 am Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>9</b> Creative Arts Space 10:00 am - 12:00 pm Scrapbooking 10:00 am – 11:20 am Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>10</b> Reading Group 10:00 am-10:50 am Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>16</b> Scrapbooking 10:00 am – 11:20 am Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>17</b> Reading Group 10:00 am-10:50 am Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>23</b> OFFICE CLOSED STAFF SUMMIT	<b>24</b> OFFICE CLOSED STAFF SUMMIT
<b>30</b> Creative Arts Space 10:00 am - 12:00 pm Scrapbooking 10:00 am – 11:20 am ( <u>Cards with Pam. Please register as space is limited</u> ) Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>31</b> Reading Group 10:00 am-10:50 am Textile Arts Open Studio 1:00 pm - 4:00 pm