

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.

## RECOVERY COLLEGE

**Registration for Recovery College is now open.**

**Recovery College offers courses to help people recognize and develop their own resourcefulness and awareness in order to support themselves in their recovery journey**

**Call: 780.414.6300 for more information**

**[recoverycollegetedmonton.ca](http://recoverycollegetedmonton.ca)**



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](mailto:main@cmha-edmonton.ab.ca)  
[www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)



Canadian Mental Health Association  
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**August 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

All activities are held in the activity room, except for Creative Arts Space which is held in Training Room #2

### **NOTE:**

**Scrapbooking / Fun with Paper**

**Cards with Pam and the**

**Reading Group will be taking a**

**break for the summer.**

**Please join us again in**

**September 2019 for these**

**groups.**

# August 2019

THURSDAY	FRIDAY
<b>1</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>2</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>8</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>9</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>15</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>16</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>22</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>23</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>29</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>30</b> Textile Arts Open Studio 1:00 pm - 4:00 pm