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 for 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 though other textile techniques you may already be familiar with. Be traditional or quite experimental.

Recovery College

Registration for Recovery College is now open.

Editor: Gail Haynes Proof-reader: Joyce H

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

recoverycollegeedmonton.ca

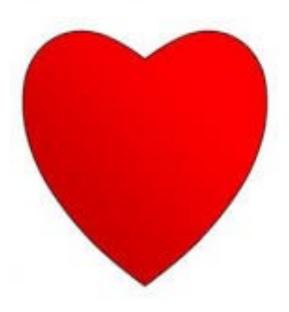


Unless stated otherwise, all programs are hosted at: Canadian Mental Health Association—
Edmonton Region
300, 10010 –105 Street
Edmonton, Alberta T5J 1C4

Tel: 780.414.6300 | Fax: 780.482.7498 main@cmha-edmonton.ab.ca www.cmha-edmonton.ab.ca



February 2020
Activity Calendar



Are you an adult living with mental illness?

Activity Highlights

For activities which require registration, please contact RECEPTION at 780.414.6300

Thursday Scrapbooking / Fun with Paper

February 6: Coloring

February 13: Valentine

Project

February 20: Surprise

Project

February 27: Cards with

Pam. Cost is \$5.00, please

register as space is limited.

February 2020

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	THURSDAY	FRIDAY
6	Scrapbooking 10:30am – 12:00 pm	7
	Limber Up 1:00 pm - 1:50 pm	Reading Group <u>10:30 am-12:00 pm</u>
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
1	3 Scrapbooking 10:30am – 12:00 pm	14
	Limber Up 1:00 pm - 1:50 pm	Reading Group <u>10:30 am-12:00 pm</u>
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
2	0 Scrapbooking 10:30am – 12:00 pm	21
	Limber Up 1:00 pm - 1:50 pm	Reading Group <u>10:30 am-12:00 pm</u>
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
2	7 Scrapbooking <u>10:30am – 12:00 pm (Cards</u>	28
	with Pam. Please register as space is limited)	Reading Group <u>10:30 am-12:00 pm</u>
	Limber Up 1:00 pm – 1:50 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
	Karaoke/Choir 2:00 pm—3:00 pm	
	Raidore, chon 2.00 pm 3.00 pm	