

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

Editor: Gail Haynes Proof-reader: 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**

**[recoverycolleeedmonton.ca](http://recoverycolleeedmonton.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



**Canadian Mental Health Association**  
**Edmonton**  
*Mental health for all*

**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

THURSDAY	FRIDAY
<b>6</b> Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>7</b> Reading Group <u>10:30 am-12:00 pm</u> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>13</b> Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>14</b> Reading Group <u>10:30 am-12:00 pm</u> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>20</b> Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>21</b> Reading Group <u>10:30 am-12:00 pm</u> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>27</b> Scrapbooking <u>10:30am – 12:00 pm (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>28</b> Reading Group <u>10:30 am-12:00 pm</u> Textile Arts Open Studio 1:00 pm - 4:00 pm