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.

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

recoverycollegeedmonton.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
www.cmha-edmonton.ab.ca

Canadian Mental Health Association
Edmonton
Mental health for all

January 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

FRIENDSHIP FEAST

Tickets on sale

January 2nd-10th

PLEASE NOTE : TIME CHANGE FOR THE READING GROUP

Thursday
Scrapbooking / Fun with Paper

January 2: No Scrapbooking

January 9: Colouring

January 16 : Surprise Project

January 23 : Cards with Pam. Cost is $5.00, please register as space is limited.

January 30 : Colouring

January 2020

THURSDAY	FRIDAY
2 NO Scrapbooking Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	**3** NO Reading Group Textile Arts Open Studio 1:00 pm - 4:00 pm
9 Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	**10** Reading Group 10:30 am-12:00 pm Textile Arts Open Studio 1:00 pm - 4:00 pm
16 Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	**17** FRIENDSHIP FEAST—NO GROUPS TODAY 11:30 am-3:00pm
23 Scrapbooking 10:30am – 12:00 pm (Cards with Pam. Please register as space is limited) Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	**24** Reading Group 10:30 am-12:00 pm Textile Arts Open Studio 1:00 pm - 4:00 pm
30 Scrapbooking 10:30am – 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	**31** Reading Group 10:30 am—12:00 pm Textile Arts Open Studio 1:00 pm - 4:00 pm