

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  
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Canadian Mental Health Association  
Edmonton  
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**July 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.

# July 2019

THURSDAY	FRIDAY
<b>4</b> Creative Arts Space 10:00 am - 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>5</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>11</b> Creative Arts Space 10:00 am - 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>12</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>18</b> Creative Arts Space 10:00 am - 12:00 pm Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>19</b> Textile Arts Open Studio 1:00 pm - 4:00 pm
<b>25</b> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	<b>26</b> Textile Arts Open Studio 1:00 pm - 4:00 pm