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

Prosper Place

Prosper Place Information Session

Editor: Gail Haynes

Proof-reader: Joyce H

Dates: November 14th & 15th

Location: Spark Room,

CMHA Edmonton

Time: 12:00 p.m. -1:00 p.m.

Colin Simpson, Peer Manager, will be providing an information session about the programs offered at Prosper Place.

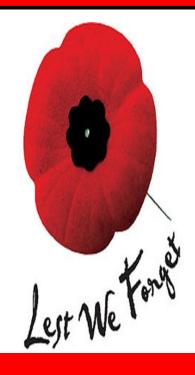


Unless stated otherwise, all programs are hosted at: Canadian Mental Health Association—
Edmonton Region
300, 10010 –105 Street
Edmonton, Alberta T5J 1C4

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



November 2019
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

November 7 : Colouring

November 14: Make what

you want

November 21 : Colouring

November 28 : Surprise

Project

November 2019

	THURSDAY	FRIDAY
		10
		Reading Group 10:00 am-10:50 am
		Textile Arts Open Studio 1:00 pm - 4:00 pm
7	Scrapbooking 10:30am – 12:00 pm	8
	Limber Up 1:00 pm – 1:50 pm	Reading Group 10:00 am-10:50 am
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
14	Scrapbooking 10:30am – 12:00 pm	15
	Prosper Place Information Session	Reading Group 10:00 am-10:50 am
	12:00 pm—1:00 pm	Prosper Place Information Session
	Limber Up 1:00 pm – 1:50 pm	12:00 pm—1:00 pm
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
21	Scrapbooking 10:30am – 12:00 pm	22
	Limber Up 1:00 pm – 1:50 pm	Reading Group 10:00 am-10:50 am
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm
28	Scrapbooking 10:30am – 12:00 pm	29
	Limber Up 1:00 pm – 1:50 pm	Reading Group 10:00 am-10:50 am
	Karaoke/Choir 2:00 pm—3:00 pm	Textile Arts Open Studio 1:00 pm - 4:00 pm