

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 Proof-reader: Joyce H.

## Prosper Place

### Prosper Place Information Session

**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



Canadian Mental Health Association  
Edmonton  
*Mental health for all*

**November 2019  
Activity Calendar**



*Lest We Forget*

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