

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.

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

recoverycollegetedmonton.ca



Canadian Mental Health Association
Edmonton
Mental health for all

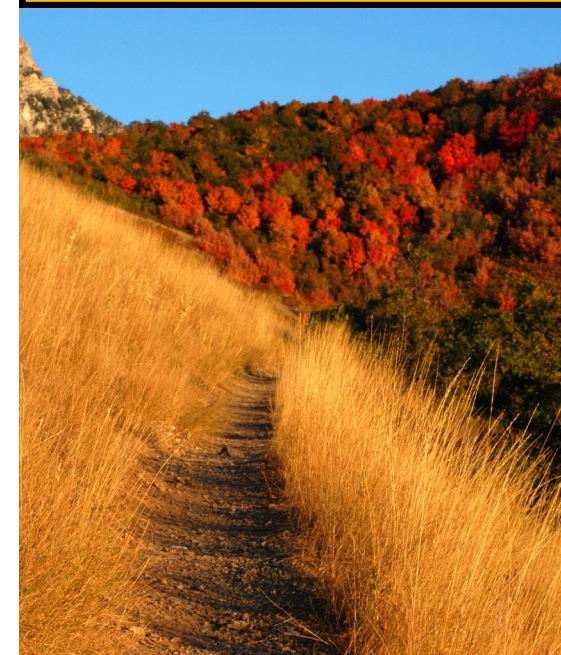
Unless stated otherwise, all programs are hosted at: Canadian Mental Health Association—Edmonton Region
300, 10010 –105 Street
Edmonton, Alberta T5J 1C4

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



Canadian Mental Health Association
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September 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

PLEASE NOTE : TIME CHANGE FOR SCRAPBOOKING / FUN WITH PAPER

Thursday Scrapbooking / Fun with Paper

September 5 : Colouring/Craft Sale Items

September 12 : Craft Sale Items

September 19 : Craft Sale Items

September 26 : Cards with Pam. Cost is \$5.00, please register as space is limited.

September 2019

THURSDAY	FRIDAY
5 Scrapbooking <u>10:30am – 12:00 pm</u> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	6 Textile Arts Open Studio 1:00 pm - 4:00 pm
12 Scrapbooking <u>10:30am – 12:00 pm</u> Limber Up 1:00 pm – 1:50 pm Karaoke/Choir 2:00 pm—3:00 pm	13 Reading Group 10:00 am-10:50 am Textile Arts Open Studio 1:00 pm - 4:00 pm
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