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Issue # 19, December 2023

Community Voices

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We had fun at our All Sports Grey Cup Party. We had hot dogs, nachos and chili. We also played Wii Sports and watched a movie.

This month

- We are having our Holiday Party on December 13th, 2023 from 11:00 AM TO 2:00 PM
 - We are having our Holiday gift exchange on December 20, 2023 at 11:00 AM
 - We will be CLOSED from December 25th to January 1st and will reopen on January 2nd.

Disclaimer: The opinions expressed in the Community Voices newsletter are those of the authors, not necessarily those of Prosper Place or CMHA-ER. Prosper Place is a program of the Canadian Mental Health Association.

Please contact Prosper Place at 780.426.7861 with any questions or concerns.

MEET WITH US

Meetings are a very important part of Prosper Place and are open to members and staff. Come join us for the opportunity to contribute to the team.

DAILY MEETINGS

Check-in: Daily at 10:30 am

Check-in (formerly 'Announcements') is an informal way to let everyone know what is happening at Prosper Place. We 'check in' with everyone.

"How are you?" "What's good today?" "Tell me what's happening."

Stay connected with what Prosper Place is doing and fellow peers by checking in with them.

Join Zoom Meeting
https://us06web.zoom.us/j/86442373834?
pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09

Meeting ID: 864 4237 3834 Passcode: 500951

WELLNESS WITH SHERRY

Thursdays @ 11:00 am Zoom Meeting ID: 892 1329 2515

Passcode: 853145

CREATIVE TIME WITH SHERRY

December 5, 2023 @ 11:00 am December 12, 2023 @ 11:00 am December 19th, 2023 @ 11:00 am Details in the event calendar.

WEEKLY EVENTS

<u>Wednesday</u>

Social Rec (1:00 pm)

Thursday

Wellness with Sherry (11:00 am)

Yoga with Dianne (1:30 pm)

Prosper Place respectfully acknowledges that we are located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Metis, Nakota Sioux, Iroquois, Dene, Ojibway / Saulteau / Annishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.

UPDATES!

PEER MEMBER OF THE MONTH for December 2023



Jasmine P is the Peer Member of the Month for December. Jasmine likes talking to members and staff a lot and is very friendly. She also likes to give a lot of tours and she often helps put food away in the food pantry.

Congratulations Jasmine!!

MEMBER BIRTHDAYS

We celebrate birthdays every Wednesday with a birthday treat prepared in-house by our very talented Samantha. Remember, you receive one complimentary birthday meal (lunch) in your birthday month which you must redeem by the end of that month. See Peer Leaders for your birthday coupon.

| Abbie L | David B | Jason M | Mike S |
|-------------|-------------|------------|--------------|
| Amanda F | Deborah H | Jeff L | Monika K |
| Angela M | Delbert B | Jeffrey Z | Nancy H |
| Annette M | Dixie W | Jerred M | Patricia B |
| Arturo L | Donna T | Jim D | Patricia D |
| Barbra D | Edward D | Jody W | Pauline G |
| Betty L | Gabrielle H | Jonathan W | Robbie A |
| Brett R | Gary K | Kathlene K | Rose-Marie P |
| Chantelle H | Georgia C | Keenan D | Ruby H |
| Cheryl U | Ginette L | Khadija W | _ |
| Christine J | Glen G | Laura B | Ruth M |
| Corinne R | Irene P | | Ryan V |
| Darren J | Jack B | Marcel V | Sean H |
| Dave G | Janene W | Marlon B | Sherryl G |
| David C | Janine H | Marni M | Shiona C |
| Stephanie A | Steven O | Michael P | Sophie C |
| Tammy T | Troy B | Suresh S | Suzanne G |
| Varvara K | Wanda S | Troy C | Vanessa H |
| | | | |



WE WILL BE

CLOSED Jon the holidays!

CLOSED

DECEMBER 25- JANUARY 1, 2024

REOPENING

JANUARY 2, 2024

PROSPER PLACE





Gift Exchange

Buy one gift \$10 or less.

WEDNESDAY



AT 1:00 PM

10455 172nd ST NW



Drop-In Single Session Counselling

Drop-In Single Session Counselling offers **NO-COST** single-session counselling to individuals, couples, and families when they need it most. This is a drop-in service with multiple locations throughout Edmonton and CMHA Edmonton is a proud partner of this essential service. For additional information please visit dropinyeg.ca.

WHAT IS OFFERED?

Our service is provided by intern therapists who are completing their Masters or PhD in therapy or other counselling areas. In addition to the extensive individual and group supervision they receive, we also use a team approach so you can benefit from many perspectives to help you make the change you desire.

We will help you create a plan to solve the most important issue you wish to address in our single-session therapy. Referral to other community services is provided if required.

While we don't pre-book appointments, if you need service in the future, you are welcome to return for additional counselling sessions.

WHAT YOU CAN EXPECT

When you arrive, you will be welcomed by a receptionist. They will let you know when you would be able to see an Intern Therapist. If this time works for you, you will be asked to complete forms that help us to understand what single issue you would most like to address with an Intern Therapist. This information will help us to assist you to make the changes you wish to see.

You will be seen in the order in which you arrive.

Drop-In counselling is a single 50 minute session service.

Our qualified team can assist with a number of issues including but not limited to:

| Adjusting to Life in Canada Parenting | |
|--|-----|
| Alcohol and Drug Use Personal or Job Stress | |
| Anger Management Relationship Issues | |
| Anxiety and Depression Separation and Divorce | |
| Balancing Work and Family Sexual Abuse (men and women | en) |
| Grief and Loss Trauma | |
| Lesbian, gay, bisexual, transgender, questioning | |
| Intimate Partner Violence or Domestic Violence (LGBTQ) | |



DROP-IN TOURS

Come for a tour and check out the Prosper Place community.

If you or someone you know is an adult living with a mental illness, come in for a tour of Prosper Place.

We are an inclusive community of peer members with lived experience. We welcome new peer members, and you can choose your own path of recovery, wellness, and resilience.

Becoming a peer member is free and no medical referral is necessary.

What's involved in a drop-in tour?

Drop-in tours take place twice a week:

- 1. every Wednesday from 10:00 AM to 12:00 PM
- 2. every Monday from 1:00 PM 3:00 PM.

You don't need to book a tour, just show up on Wednesday mornings or Monday afternoons.

When you come for a tour, one of the peer member Tour Guides will show you around and tell you about the many different things that you can take part in. You are welcome to bring friends, family or supports on the tour if you like.

What's the next step?

If you choose to join and become a member of Prosper Place, the next step is to fill out a two-page application form. Your tour guide will give you the form and you can fill it out for yourself.

SELF ADVOCACY GROUP

WHAT IS SELF ADVOCACY?

Self Advocacy is making informed decisions and taking actions that help you move forward with your mental health journey. It can be with doctors, family, friends and other supports.

Part workshop, part support group, we will talk and learn about self advocacy in relation to mental health. Supporting each other in our self advocacy journey.

FACILITATED BY NICOLA BOTHAM

DROP IN

TUESDAY December 19th 2023 1PM - 2PM

Mental Wellness Recovery Group (MWRG)

When: January 12 to March 8, 2024

(no class January 19)

Time: 10:00 am to 12:00 pm

Where: In Person @ Prosper Place

10455 172 St NW, Edmonton, AB T5S 1K9

Facilitated by: Michelle Black & Sherry Stasiuk

Topics we'll cover:

What is recovery?

 How do I identify my negative thinking styles and combat them?
 How do I handle a bad day?

What is anxiety and how can I worry less?

How do I create meaningful goals and

achieve them?

To Register use one of the following options;

Website: www.wellnessnetworkedmonton.com

Phone: 780 699 3253

Email: wellnessnetwork@e4calberta.org





<u>Ione Challborn Youth Voluntary</u> <u>Bursary Award</u>

Congratulations to Brent Warren, this year's recipient of the Ione Challborn Youth Voluntary Bursary. Brent has been a Peer member of Prosper Place for 11 years. He plans to study creative writing at University. Brent received his award at the recent Annual General Meeting. Congratulations again, Brent!



What We Did

All Sports Grey Cup Party











We played Wii Sports games and watched The Mighty Ducks. Some members wore sports jerseys.

Wellness With Sherry



Members made Poppies for Remembrance Day

Do What You Love Course



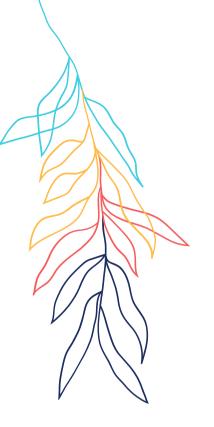
Bannock Making Course



Word Guess Game



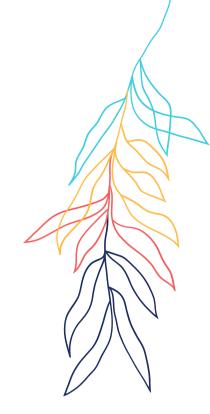




Poetry by Heidi R

Believe in yourself

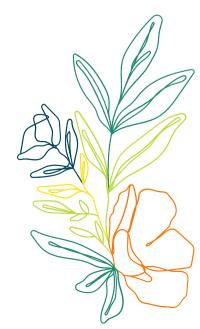
Believe you can achieve
Don't let fear deceive
Live, be and dream
Do what you love and
love what you do
It's a gift from the heavens above
Let peace descent like a dove
May you receive love and passion
It invades your soul and renews your mind
To break what binds
Believe in yourself and cords will loosen
and you will be brought to new resolution.



<u>Legacy</u>

Leave a legacy, step out in liberty
Be grounded in integrity, be brave
Don't be a slave of labels and judgements
You're more than these
Your legacy is a puzzle
Each piece needing to be put together
You have purpose, dare to dream
Let it flow, it's a stream
Be in the current movement.
Let go! Step Out!
And you will be remembered
You are the legacy
Dream the dream and be it.





December 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|---|---|---|
| 4 Drop In Tours Christmas Decorating | 5 Drop In Counselling Creative Time with Sherry Card Making | 6 Drop In Tours Social Rec: Making Gingerbread People | 7 Wellness with Sherry Yoga with Dianne | Do What You Love 8 Do What You Love |
| 11 Drop In Tours | Drop In Counselling Creative Time with Sherry Card Making | 13 Drop In Tours Holiday Party/Karaoke | 14 Wellness with Sherry Peer Directors Meeting Yoga with Dianne | 15 Do What You Love |
| 18 Drop In Tours | 19 Drop In Counselling Creative Time with Sherry Self Advocacy Group | Drop In Tours Social Rec: Gift Exchange | Wellness with Sherry Yoga with Dianne | 22 Do What You Love |
| 25 CLOSED | 26 CLOSED | 27 CLOSED | 28 CLOSED | 29 CLOSED |

December 2023

| DECEMBER 1 | LOCATION | TIME |
|--|--|----------------------|
| Do What You Love | Studio | 10:00AM TO 12:00PM |
| DECEMBER 4 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 1:00 PM - 3:00 PM |
| Christmas Decorating | Prosper Place | 1:00 PM |
| DECEMBER 5 | LOCATION | TIME |
| Drop In Counselling | Central Hall | 10:00AM TO 4:00PM |
| Creative Time with Sherry | Central Hall | 11:00 AM |
| DECEMBER 6 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 10:00AM TO 12:00PM |
| Social Rec: Making Gingerbread people | Centrall Hall | 11:00 AM |
| DECEMBER 7 | LOCATION | TIME |
| Wellness With Sherry | Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145 | 11:00 AM |
| Yoga With Dianne | Studio | 1:30 PM |
| DECEMBER 8 | LOCATION | TIME |
| Do What You Love | Prosper Place | 10:00 AM TO 12:00 PM |
| DECEMBER 11 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 10:00 AM TO 12:00 PM |
| DECEMBER 12 | LOCATION | TIME |
| Drop In Counselling | Prosper Place | 10:00 AM - 4:00 PM |
| Creative Time with Sherry | Central Hall | 11:00 AM |
| | | |

| DECEMBER 13 | LOCATION | TIME |
|---------------------------|--|----------------------|
| Drop in Tours | Prosper Place | 10:00AM TO 12:00PM |
| Holiday Party/Karaoke | Prosper Place | 11:00AM TO 2:00PM |
| DECEMBER 14 | LOCATION | TIME |
| Wellness With Sherry | Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145 | 11:00 AM |
| Peer Director's Meeting | Central Hall | 12:15 PM |
| Yoga With Dianne | Studio | 1:30 PM |
| DECEMBER 15 | LOCATION | TIME |
| Do What You Love | Prosper Place | 10:00AM TO 12:00PM |
| DECEMBER 18 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 1:00 PM TO 3:00 PM |
| DECEMBER 19 | LOCATION | TIME |
| Drop in Counselling | Prosper Place | 10:00AM TO 4:00PM |
| Creative Time with Sherry | Central Hall | 11:00 AN |
| Self Advocacy Group | Central Hall | 1:00 P M |
| DECEMBER 20 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 10:00 AM TO 12:00 PM |
| Holiday Gift Exchange | Studio | 1:00 PM |
| DECEMBER 21 | LOCATION | TIME |
| Wellness With Sherry | Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145 | 11:00 AN |
| Yoga With Dianne | Studio | 1:30 PM |
| DECEMBER 22 | LOCATION | TIME |
| Do What You Love | Prosper Place | 10:00AM TO 12:00PM |
| | | |

| DECEMBER 25 | LOCATION | TIME |
|-------------|---------------------|------|
| | CLOSED FOR HOLIDAYS | |
| DECEMBER 26 | LOCATION | TIME |
| | CLOSED FOR HOLIDAYS | |
| DECEMBER 27 | LOCATION | TIME |
| | CLOSED FOR HOLIDAYS | |
| DECEMBER 28 | LOCATION | TIME |
| | CLOSED FOR HOLIDAYS | |
| DECEMBER 29 | LOCATION | TIME |
| | CLOSED FOR HOLIDAYS | |