

# 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 re-open 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?](https://us06web.zoom.us/j/86442373834?pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09)  
[pwd=cERJYTVlbWthWGxkL3d4UGViMzR0dz09](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

Wednesday

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 / Anishinaabe, 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.

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



WE WILL BE  
**CLOSED**  
*For the holidays!*

CLOSED

DECEMBER 25- JANUARY 1, 2024

REOPENING

JANUARY 2, 2024

PROSPER PLACE





# PROSPER PLACE HOLIDAY PARTY

**DEC  
13TH**

**LUNCH AND  
KARAOKE**

**11:00 AM TO 2:00 PM**

Tickets: \$6.00 for Members  
\$12.00 for Guests (Limit 1 Guest)  
Limited spots available

Prosper Place 10455 172nd ST NW



PROSPER PLACE

# *Gift Exchange*

Buy one gift \$10 or less.

WEDNESDAY

20  
DEC

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](http://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)	
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 (MWVRG)

**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](http://www.wellnessnetworkedmonton.com)

Phone: 780 699 3253

Email: [wellnessnetwork@e4calberta.org](mailto:wellnessnetwork@e4calberta.org)



# Ione Challborn Youth Voluntary Bursary Award

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.

### Legacy

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
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				1 Do What You Love
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	8  Do What You Love
11  Drop In Tours	12 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	20 Drop In Tours  Social Rec: Gift Exchange	21 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

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

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**DECEMBER 25**

**LOCATION**

**TIME**

**CLOSED FOR HOLIDAYS**

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**DECEMBER 26**

**LOCATION**

**TIME**

**CLOSED FOR HOLIDAYS**

---

**DECEMBER 27**

**LOCATION**

**TIME**

**CLOSED FOR HOLIDAYS**

---

**DECEMBER 28**

**LOCATION**

**TIME**

**CLOSED FOR HOLIDAYS**

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**DECEMBER 29**

**LOCATION**

**TIME**

**CLOSED FOR HOLIDAYS**

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