

Community Voices

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We had fun at our Thanksgiving Lunch. We had a big turkey dinner and pumpkin pie! It was really good.

This month

- We will be CLOSED Monday November 13, 2023 for Remembrance Day.
- We are having a Skillsquest Employment Info Session on November 7 at 11:00 AM
- We are having an All Sports Grey Cup Party on Wednesday November 15, 2023 11am-2pm

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

November 14, 2023 @ 11:00 am
November 28, 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 November 2023



Dani is the Peer Member of the Month for November. Dani is great at reception and works there almost everyday. He socializes a lot with members in the canteen. He helps with a lot of activities and is great on the Peer Director's Board.

Congratulations Dani!

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 Nelson for your birthday coupon.

Adam S
Becky J
Becky M
Bev G
Calvin B
Cassidy C
Christopher V
Colin H
Craig B
Dan S
Daniel D
David P
Debbie C
Diane S
Don T

Donna T
Doris R
Elizabeth C
Emmanuel M
Gilbert O
Glen D
Gordon H
Harold D
Haroon K
Harry W
Ian M
Jennifer L
Jody H
John A
Kimberly D

Lesley G
Leslie O
Lindsay P
Lisa A
Lisa B
Marilyn P
Marvin M
Mary S
Michael G
Michelle L
Mira N
Miyoko C
Murray B
Nathan T
Nelson A
Nicole M

Paul N
Payton Q
Peter G
Raelyn M
Robert M
Robert P
Sheila C
Sheila F
Stuart G
Stuart H
Sue G
Tarif A
Timothy M
Tom K
Tom N
Wyatt M

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)	
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.

CREATIVE TIME WITH SHERRY

JOIN SHERRY FOR CREATIVE
TIME CRAFTS FOR NOVEMBER



NOVEMBER 14
FALL CANDLE HOLDER



NOVEMBER 28
PINECONE DECORATIONS

PROSPER PLACE

ALL SPORTS GREY CUP PARTY

November 15, 2023
11 am to 2 pm


BRING YOUR FAVORITE SPORTS JERSEY

TICKETS \$4.00

40 TICKET LIMIT

WII SPORTS, SPORTS MOVIE





DO WHAT YOU LOVE AND LOVE WHAT YOU DO (DWYL)

Day/Time: Fridays, 10:00 am to 12:00 pm
October 20 to December 15, 2023

Duration: 9-Week Recovery College Course
In-person and Online

Location: Prosper Place Clubhouse
10455 - 172 Street, Edmonton

Online: Zoom (access to internet connection will be required)



**Facilitated by Michelle Black
& Sherry Stasiuk**



Join us as we journey through an interactive workbook (written & illustrated by Michelle Black)! There'll be writing prompts, crafts, opportunities to find your strengths, tips on how to advocate for yourself, and explore what you're passionate about!

Wellness Network
edmonton





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 NOVEMBER 21, 2023
1PM - 2PM***





CHRISTMAS BUREAU

Christmas Hamper

The Christmas Bureau provides a festive meal and coordination of Christmas giving to Edmontonians in need. The Christmas Bureau also administers support for the Adopt-A-Teen Program (gift cards for ages 13 – 17) and Santas Anonymous (toys for children ages 0 – 12). Clients may choose the option of a food hamper or food gift card, whichever is preferred.

CMHA-Edmonton works as a referral agency with the Christmas Bureau and can provide screening and application submissions for services. Eligibility is determined based on total household income and residency requirements.

If you'd like to apply, please bring the following documents

- Proof of income (examples would be AISH/CPP/PDD/Income Support statement, pay stubs, etc)
 - ID
- Additional information may be needed, depending on circumstances

***Note – Individuals living in a designated living facility such as a group home or nursing home are not eligible for services.**

If you have already applied for Christmas assistance or a hamper through another program or agency, you would not be eligible.

**Contact Courtney with any questions - 780 782 6642
In person appointments available November 8th 1-4pm**

NATIONAL DAY FOR TRUTH AND RECONCILIATION

Indigenous Knowledge Keeper Lloyd Cardinal began the event with a smudge ceremony and honor song and then shared cultural wisdom about the importance and meaning of the drum in Nehiyaw (Cree) culture. Then, Lloyd led a drumming session and the second round dance at Prosper Place.



What We Did

Creative Time With Sherry



Everyone had fun making Fall wreaths.



Scarecrow Mason Jars

Wellness With Sherry



Thanksgiving Lunch



We had a big turkey dinner and pumpkin pie



Bannock Making Course



Pumpkin Carving



Everyone had a good time with the pumpkin carving. There were some really nice pumpkins!

Bingo



Paintings by Phillip K.



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Drop In Tours Social Rec: Yahtzee	2 Wellness with Sherry Yoga with Dianne	3 Do What You Love
6 Drop In Tours Writing Group	7 Drop In Counselling Skillsquest Employment Info Session	8 Drop In Tours Social Rec: Crib Tournament	9 Wellness with Sherry (Remembrance Day) Peer Directors Meeting Yoga with Dianne	10 Do What You Love
13 CLOSED FOR REMEMBRANCE DAY	14 Drop In Counselling Creative Time with Sherry	15 Drop In Tours Social Rec: All Sports Grey Cup Party	16 Wellness with Sherry Yoga with Dianne	17 Do What You Love
20 Drop In Tours	21 Drop In Counselling Self Advocacy Group	22 Drop In Tours Social Rec: Word Guess Game	23 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	24 Do What You Love
27 Drop In Tours Writing Group	28 Drop In Counselling Creative Time with Sherry	29 Drop In Tours Social Rec: Bingo	30 Wellness with Sherry Yoga with Dianne	

November 2023

NOVEMBER 1	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec: Yahtzee	Central Hall	1:00 PM
NOVEMBER 2	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:30 PM
NOVEMBER 3	LOCATION	TIME
Do What You Love	Prosper Place	10:00AM-12:00PM
NOVEMBER 6	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Writing Group	Centrall Hall	11:00 AM
NOVEMBER 7	LOCATION	TIME
Drop In Counselling	Centrall Hall	10:00AM TO 4:00PM
Skillsquest Employment Info Session	Centrall Hall	10:00 AM
NOVEMBER 8	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec - Crib Tournament	Prosper Place	1:00 PM
NOVEMBER 9	LOCATION	TIME
Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00 AM
Peer Director's Meeting	Central Hall	12:15PM
Yoga with Dianne	Studio	1:30 PM
NOVEMBER 10	LOCATION	TIME
Do What You Love	Prosper Place	10:00 AM - 12:00 PM

NOVEMBER 13	LOCATION	TIME
Closed for Remembrance Day		
NOVEMBER 14	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00AM TO 4:00PM
Creative Time With Sherry	Central Hall	11:00 AM
NOVEMBER 15	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec - All Sports Grey Cup Party	Prosper Place	11:00AM TO 2:00PM
NOVEMBER 16	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
NOVEMBER 17	LOCATION	TIME
Do What You Love	Prosper Place	10AM TO 12PM
NOVEMBER 20	LOCATION	TIME
Drop In Tours	Prosper Place	1PM TO 3 PM
NOVEMBER 21	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM
Self Advocacy Group	Prosper Place	1:00 PM TO 2:00 PM
NOVEMBER 22	LOCATION	TIME
Drop in Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec - Word Guess Game	Central Hall	1:00 PM

NOVEMBER 23	LOCATION	TIME
Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00AM
Peer Director's Meeting	Central Hall	12:15PM
Yoga With Dianne	Studio	1:30 PM
NOVEMBER 24	LOCATION	TIME
Do What You Love	Prosper Place	10AM TO 12PM
NOVEMBER 27	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing Group	Central Hall	11:00 AM
NOVEMBER 28	LOCATION	TIME
Drop In Counselling	Prsper Place	10:00AM TO 12:00PM
Creative Time With Sherry	Central Hall	11:00 AM
NOVEMBER 29	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec - Bingo	Studio	1:30PM
NOVEMBER 30	LOCATION	TIME
Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00AM
Yoga With Dianne	Prosper Place	1:30PM