

Community Voices

IN THIS ISSUE

Meet With Us	2
Peer Member of the Month & Birthdays	3
Drop In Single Session Counselling	4
Drop In Tours	5
2023 Peer Members of the Month	6
CMHA Friendship Feast	7
Writing For Recovery	8
Mental Wellness Recovery Group	9
What We Did	10
December Events Calendar	13
Event Details	14



We had fun at our Holiday Party. It was super busy and there was a big lunch.

This month

- We are having a Wellness Recovery Group starting January 12, 2024.
- We are having a Friendship Feast with a live concert on January 19, 2024 from 11:00 AM to 2:00 PM (details in poster)
- We are having a Writing for Recovery course starting January 22, 2024 from 1-3 PM.

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

January 9, 2024 @ 11:00 am
January 23, 2024 @ 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.



Check us out on Facebook. We will be posting events regularly
<https://www.facebook.com/ProsperPlaceYEG/>



UPDATES!

PEER MEMBER OF THE MONTH for JANUARY 2024



Tina W has been chosen as Peer Member of the month for December 2023. She attends Prosper Place regularly and is friendly with other members. She also likes to take part in social rec activities like Karaoke, bingo and Sherry's workshops.

Congratulations Tina!!

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.

Ace S
Alan M
Angele S
Brent M
Britt R
Bryan H
Cas F
Cecil G
Chris L
Christina W
Ciara M
Conrad T
Curtis R
Darcy M
Darnell L

David L
Donald F
Elizabeth M
Ernie B
Felicia L
Frank M
George J
George T
Glenda S
Hadi E
Joseph A
Joy P
Kai G
Kelly H
Larry S

Lasith W
Leonard H
Lori D
Louis Z
Lynette W
Lynn H
Madeline M
Mary S
Michael D
Mudar A
Pedro S
Richelle B
Rosemary A
Ross P
Ryan J
Shayla L

Sherry T
Terry E
Thompson T
Timothy O
Tyler M
Vasile B
Victor B

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.

Peer Member of the Month

A project of the Peer Directors Board

Celebrating peer members at Prosper Place

Peer members at Prosper Place nominate their fellow peers for the Peer Member of the Month as a reward and recognition of their outstanding achievement and personal contribution to our community of peers at Prosper Place.

Over the past year the following peer members were recognized by their fellow peers:

2023 Peer Members of the Month

Month	Recipient
January	Darren A.
February	Desirea H.
March	Jason N.
April	Arthur L.
May	Graham T.
June	Carmen H.

Month	Recipient
July	Sarah B.
August	Glen D.
September	Scott S.
October	Mitchell L.
November	Dani O.
December	Jasmine P.

☐ Attendance

☐ Doing jobs or tasks well

☐ Taking initiative

☐ Observing the Code of Conduct

☐ Respectful peer to peer relationships ☐

☐ Positive attitude

☐ Giving compliments

☐ Participation in activities

Peer members at Prosper Place are encouraged to pay attention to all the wonderful qualities that our fellow peers share with us every day. You are welcome to nominate peer members for Member of the Month using the Nomination Forms that are found on the Sign-Up table in the Café.

Let's make 2024 a Year of Celebrating Each Other!

CMHA Friendship Feast

Friday January 19, 2024

11:00 AM to 2:00 PM

For current peer members and CMHA housing tenants.

**TICKETS: \$5.00 for Peer Members and
CMHA housing tenants.**

\$15.00 for guests Limit of 1 guest.

Tickets will not be sold at the door.

Tickets on sale January 2nd to January 12th

Tickets can be purchased in person at Prosper Place. Housing Program
Tenant's can call reception to reserve tickets at CMHA office 780 414-6300.

This event has limited seating so get your tickets early.



Please notify us of any dietary restrictions.

**Please feel free to bring a food storage
container to take leftovers home.**

**THANK YOU TO THE RIVERVIEW ROTARY FOR YOUR
GENEROUS DONATION AND CO-SPONSORSHIP.**

Prosper Place

For info: Call 780-426-7861

10455 172nd ST NW



**Canadian Mental
Health Association**
Mental health for all



A PROGRAM OF
**Canadian Mental
Health Association
Edmonton**
Mental health for all

Writing For Recovery In - Person Course

Join local author Leif Gregerson and Peer Navigator Sherry Stasiuk in this supportive writing course.

- No writing experience required
- Explore different writing styles Learn how writing can be a helpful tool for mental wellness and recovery

When: 8 weeks starting January 22 -
March 18, 2024

Where: Prosper Place 10455 172
street NW, Edmonton, AB

To Register use one of the following
options;
www.wellnessnetworkedmonton.com

Phone: 780 699 3253

Email:
wellnessnetwork@e4calberta.org



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

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



What We Did

Christmas Ornaments

We had fun making Christmas Ornaments



Creative Time With Sherry



Making Christmas cards with Sherry



Paper Snowflakes!

Holiday Party



Everyone had fun at the party and had a great lunch. There was also Karaoke!

Gift Exchange



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR HOLIDAYS	2 Drop In Counselling	3 Drop In Tours Social Rec: Movie + Popcorn	4 Wellness with Sherry Yoga with Dianne	5
8 Drop In Tours	9 Drop In Counselling Creative Time with Sherry - Painting	10 Drop In Tours Social Rec: Scrabble	11 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	12 Mental Wellness Recovery Group
15 Drop In Tours	16 Drop In Counselling	17 Drop In Tours Social Rec: Friendship bracelets with Sherry	18 Wellness with Sherry Yoga with Dianne	19 Friendship Feast with Concert
22 Drop In Tours Writing For Recovery Group	23 Drop In Counselling Creative Time with Sherry - Winter Craft	24 Drop In Tours Social Rec: Pictionary	25 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	26 Mental Wellness Recovery Group
29 Drop In Tours Writing For Recovery Group	30 Drop In Counselling Self Advocacy Group	31 Drop In Tours Social Rec: Bingo		

January 2024

JANUARY 1	LOCATION	TIME
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CLOSED FOR HOLIDAYS

JANUARY 2	LOCATION	TIME
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Drop In Counselling	Prosper Place	10:00AM-4:00PM
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JANUARY 3	LOCATION	TIME
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Drop In Tours	Prosper Place	10:00AM TO 12:00PM
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Social Rec - Movie + Popcorn	Studio	1:00 PM
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JANUARY 4	LOCATION	TIME
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Wellness With Sherry	Centrall Hall	11:00 AM
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Yoga With Dianne	Studio	1:30 PM
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JANUARY 5	LOCATION	TIME
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JANUARY 8	LOCATION	TIME
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Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
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JANUARY 9	LOCATION	TIME
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Drop In Counselling	Prosper Place	10:00AM TO 4:00PM
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Creative Time With Sherry	Central Hall	11:00 AM
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JANUARY 10	LOCATION	TIME
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Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
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Social Rec: Scrabble	Central Hall	1:00 PM
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JANUARY 11	LOCATION	TIME
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Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00 AM
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Peer Director's Meeting	Central Hall	12:15 PM
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Yoga With Dianne	Studio	1:30 PM
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JANUARY 12	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00 AM TO 12:00 PM
JANUARY 15	LOCATION	TIME
Drop In Tours	Prosper Place	1:00PM TO 4:00PM
JANUARY 16	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00AM TO 4:00PM
JANUARY 17	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Friendship Bracelets with Sherry	Central Hall	1:00 PM
JANUARY 18	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
JANUARY 19	LOCATION	TIME
Friendship Feast & Concert	Prosper Place	11:00 AM TO 2:00 PM
JANUARY 22	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing for Recovery	Central Hall	1:00 PM TO 3:00 PM
JANUARY 23	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00AM TO 3:00PM
Creative Time With Sherry - Winter Craft	Central Hall	11:00 AM

JANUARY 24	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec: Pictionary	Central Hall	1:00 PM
JANUARY 25	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
JANUARY 26	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00AM TO 12:00PM
JANUARY 29	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing for Recovery	Central Hall	1:00 PM TO 3:00 PM
JANUARY 30	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Self Advocacy Group	Central Hall	11:00 AM
JANUARY 31	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bingo	Studio	1:00 PM