

Community Voices

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We had our Friendship Feast. There was a huge meal, a concert, door prizes and lots of fun!

This month

- We will be CLOSED Monday February 19, 2024 for Family Day
- We are having a Hawaiian Party on February 21st, 2024
- We are having a Mental Wellness Recovery Group on Friday's from January 26th to March 18th.
- We are having a Writing for Recovery course starting January 22, 2024 until March 25, 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?
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

February 6, 2024 @ 11:00 am
February 27, 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 FEBRUARY 2024



Mitchell L has been chosen as Peer Member of the month for February 2024. Mitchell is very helpful at Prosper Place. He likes to help put food away in the food pantry and helps out with events like Karaoke. He also likes to play games like Crib and Crazy Eights. He is also on the Peer Director's Board.

Congratulations Mitchell!!

MEMBER BIRTHDAYS

We celebrate birthdays every Wednesday with a birthday treat prepared in-house by our very talented baker 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.

Akan A
Alison I
Allen W
Arlene C
Ashton C
Ava K
Bosco W
Bryna C
Candace M
Carla C
Charles L
Chris M
Craig B
Darcey C
Darren V
David P
David R
Dena J

Devon A
Devon A
Dezyrea P
Diana H
Dragan K
Dreyen P
Fantasy T
Farrah S
Gabin K
Gage C
Cordon B
Greg H
Ilona P
James S
Jason N
Jordan N
Joseph F
Karen K

Kelly C
Kelly K
Leanne C
Lorie M
Margaret P
Martin B
Maurine M
May J
Melody M
Murray W
Raymond R
Rhonda R
Roula A
Roxanne B
Ryan H
Sarah B

Tammy W
Toni C
Tracy P
Valorie K
Vicky S
William C
Ty B



Free Tax Clinics

The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA).

A tax clinic will run for one day on Thursday March 21, 2024. This will be by appointment only and will be in-person at Prosper Place, 10455 172 St NW.

To inquire about the free tax clinic, please contact Nelson at info@prosperplace.org or call 780-426-7861 for more details.

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.

PROSPER PLACE
HAWAIIAN

Party



LUNCH
\$4

SIGN UP FOR LUNCH ON DAY OF PARTY

PIZZA!

**WEDNESDAY FEBRUARY 21ST
11:00 AM TO 2:00 PM**

10455 172ND ST NW



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

January 22 - March 25, 2024 (No Class
Feb.12 & 19)

Time: 1-3pm

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 26 to March 15, 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



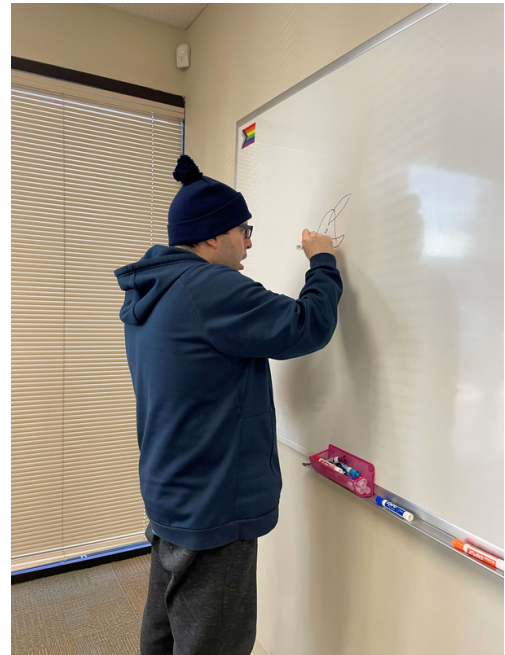
What We Did

Scrabble

We had fun playing Scrabble



We had fun playing Pictionary for social rec.



Creative Time With Sherry

Painting Snowflakes

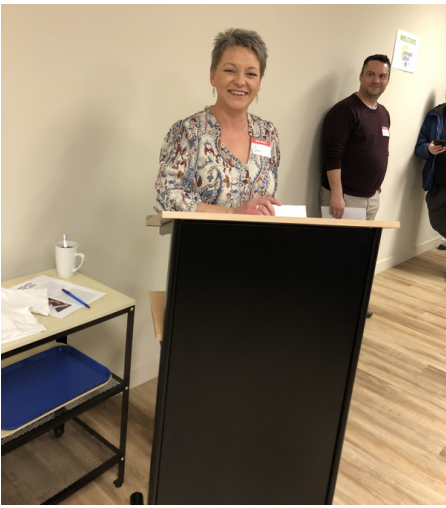


Friendship Feast



Scott, Dani and Cheryl handed out nametags





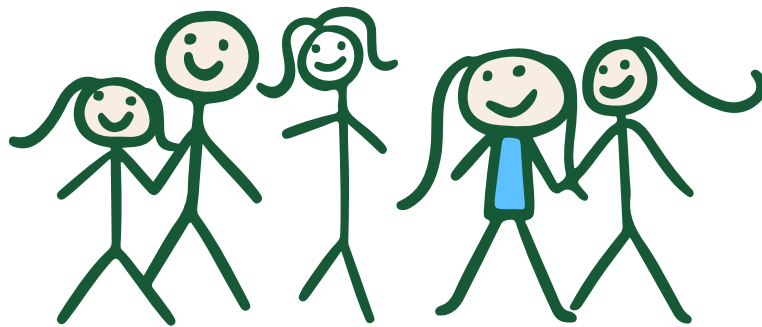
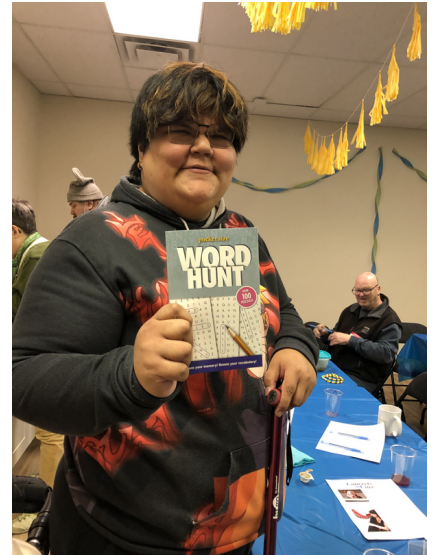
Thanks to Tracy for all her hard work!

We had a huge meal and there was a concert and door prizes!



The Rotary Club served the food and Curtis and Mitchell helped.

Door Prizes!



CLOSED
February 19,
2024 Family
Day

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Wellness with Sherry Yoga with Dianne	2 Mental Wellness Recovery Group
5 Drop In Tours Writing For Recovery Group	6 Drop In Counselling Importance of Play Creative Time with Sherry Coffee Chat	7 Drop In Tours Social Rec: Farkle Tournament	8 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	9 Mental Wellness Recovery Group
12 Drop In Tours	13 Drop In Counselling Self Advocacy Coffee Chat	14 Drop In Tours Social Rec: Valentines Cards	15 Wellness with Sherry	16 Mental Wellness Recovery Group
19 CLOSED	20 Drop In Counselling Importance of Play Coffee Chat	21 Drop In Tours Hawaiian Party	22 Wellness with Sherry Peer Directors Meeting	23 Mental Wellness Recovery Group
26 Drop In Tours Writing For Recovery Group	27 Drop In Counselling Creative Time with Sherry Coffee Chat	28 Drop In Tours Social Rec: Bingo	29 Wellness with Sherry Yoga with Dianne	

February 2024

FEBRUARY 1	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
FEBRYARY 2	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00AM TO 12:00PM
FEBRUARY 5	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing for Recovery	Central Hall	1:00PM TO 3:00PM
FEBRUARY 6	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00AM TO 4:00PM
Creative Time With Sherry	Studio	11:00 AM
Importance of Play Writing Group	Central Hall	11:00 AM
Coffee Chat	Central Hall	1:00 PM TO 2:00 PM
FEBRUARY 7	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00PM
Social Rec - Farkle Tournament	Central Hall	1:00 PM
FEBRUARY 8	LOCATION	TIME
Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00 AM
Peer Director's Meeting	Centrall Hall	12:15 PM
Yoga	Studio	1:30 PM
FEBRUARY 9	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00AM TO 12:00PM
FEBRUARY 12	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
FEBRUARY 13	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM
Self Advocacy	Central Hall	11:00AM
Coffee Chat	Central Hall	1:00 PM TO 2:00 PM

FEBRUARY 14	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00PM
Social Rec: Valentine's Cards	Central Hall	1:00 PM

FEBRUARY 15	LOCATION	TIME
Wellness With Sherry	Central Hall Zoom Meeting ID: 892 1329 2515 Passcode: 853145	11:00 AM

FEBRUARY 16	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00 AM TO 12:00 PM

FEBRUARY 19	LOCATION	TIME
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CLOSED FOR FAMILY DAY

FEBRUARY 20	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM
Importance of Play Writing Group	Central Hall	11:00 AM
Coffee Chat	Central Hall	1:00 PM TO 2:00 PM

FEBRUARY 21	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Hawaiian Party	Prosper Place	11:00 AM TO 2:00 PM

FEBRUARY 22	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

FEBRUARY 23	LOCATION	TIME
Mental Wellness Recovery Group	Studio	10:00AM TO 12:00PM

FEBRUARY 26	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
FEBRUARY 27	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00AM TO 4:00PM
Creative Time With Sherry	Central Hall	11:00 AM
Coffee Chat	Central Hall	1:00 PM TO 2:00 PM
FEBRUARY 28	LOCATION	TIME
Drop In Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec: Bingo	Studio	1:00 PM
FEBRUARY 29	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