

Community Voices

IN THIS ISSUE

| | |
|--------------------------------------|----|
| Meet With Us | 2 |
| Peer Member of the Month & Birthdays | 3 |
| Easter Luncheon | 4 |
| Drop In Tours | 5 |
| Drop In Single Session Counselling | 6 |
| Writing For Recovery | 7 |
| What We Did | 8 |
| April Events Calendar | 10 |
| Event Details | 11 |



Here is Peer member Jason N. watering our plants.
Thanks Jason for all your help.

This month

- We will be CLOSED Friday March 29 and Monday April 1, 2024 for Easter Holidays.
- We are having an Easter Luncheon and concert on Thursday April 11th from 10 am to 2 pm
- We are having a crib tournament and coloring contest on Wednesday April 17th for Social Rec.

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 @ 11am

CREATIVE TIME WITH SHERRY

April 9, 2024 @ 11:00 am
April 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 APRIL 2024



Jacob L has been chosen as Peer Member of the month for April 2024. Jacob is very friendly and likes to chat and joke with everyone. He likes helping out with things like social rec activities. He also just joined the Peer Director's Board.

Congratulations Jacob!!

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.

| | | | |
|--------------------|-------------------|-------------------|--------------------|
| Adel R | Crystal Y | Lena B | Sandra T |
| Alex D | Daniel D | Leona S | Sean S |
| Alex C | Daniel S | Lexi M | Shawn L |
| Amber B | Danielle B | Max G | Shelley W |
| Amit S | Darcy J | Meritta T | Shiloah S |
| April L | Dominika G | Michael B | Stephanie B |
| Audra F | Donald B | Mohammed A | Stewart B |
| Autumn M | Donna M | Monica F | Tanner A |
| Barb K | Erica T | Muhammed D | Thor S |
| Bruce G | Gabriel C | Percy M | Tina W |
| Bryan E | Herman G | Philip C | Trent G |
| Chelsea M | Holly P | Rahul S | Troy W |
| Chris W | Ivan N | Rhonda L | Tyler N |
| Christine E | Jackie U | Richard C | Vanessa C |
| Christos P | Jane A | Rinna N | William S |
| Collin S | Jeff E | Rosa D | William T |
| Connie S | Jenny T | Roy S | Zach H |
| Corrine T | Jessie F | Russell D | |
| Crystal F | Laurie W | | |



Easter Luncheon & Concert

APRIL 11, 2024
10:00 AM-2:00 PM

**TICKETS \$6.00 FOR
MEMBERS
\$12.00 FOR GUESTS
(GUEST LIMIT : 1)**

Tickets include Lunch
and Concert



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.

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) | |



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

When: January 22 - April 8, 2024 (No Classes Feb.12, 19 & April 1)

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



What We Did

Gnome Making



Coffee Chat



Scavenger Hunt



Wellness With Sherry.



Shades of Self Disclosure



Crib



Giant Jenga for Social Rec



April 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--------|
| 1 CLOSED | 2 Drop In Counselling Decorating for Easter | 3 Drop In Tours Social Rec:Name That Tune | 4 Wellness with Sherry Yoga with Dianne | 5 |
| 8 Drop In Tours Writing For Recovery | 9 Drop In Counselling Creative Time with Sherry | 10 Drop In Tours Social Rec: Diamond Painting | 11 Easter  Luncheon & Concert | 12 |
| 15 Drop In Tours | 16 Drop In Counselling | 17 Drop In Tours Social Rec: Crib Tournament / Coloring Contest | 18 Wellness with Sherry Yoga with Dianne | 19 |
| 22 Drop In Tours | 23 Drop In Counselling Creative Time with Sherry | 24 Drop In Tours Social Rec: Bingo | 25 Wellness with Sherry Peer Directors Meeting Yoga with Dianne | 26 |
| 29 Drop In Tours | 30 Drop In Counselling | | | |

April 2024

| APRIL 1 | LOCATION | TIME |
|-----------------------------|---------------|----------------------|
| CLOSED FOR HOLIDAY | | |
| APRIL 2 | LOCATION | TIME |
| Drop in Counselling | Prosper Place | 10 AM TO 4:00 PM |
| Decorating for Easter | Prosper Place | 1:00 PM |
| APRIL 3 | LOCATION | TIME |
| Drop In Tours | Prosper Place | 10:00 AM TO 12:00 PM |
| Social Rec: Name That Tune | Studio | 1:00 PM |
| APRIL 4 | LOCATION | TIME |
| Wellness with Sherry | Central Hall | 11:00 AM |
| Yoga with Dianne | Studio | 1:30 PM |
| APRIL 5 | LOCATION | TIME |
| | | |
| APRIL 8 | LOCATION | TIME |
| Drop in Tours | Prosper Place | 1:00 PM TO 3:00PM |
| Writing for Recovery | Central Hall | 1:00 PM TO 3:00 PM |
| APRIL 9 | LOCATION | TIME |
| Drop in Counselling | Prosper Place | 10:00 AM TO 4:00 PM |
| Creative time with Sherry | Central Hall | 11:00 AM TO 12:00PM |
| APRIL 10 | LOCATION | TIME |
| Drop in Tours | Prosper Place | 10:00AM TO 12:00 PM |
| Social Rec Diamond Painting | Central Hall | 1:00 PM |

| APRIL 11 | LOCATION | TIME |
|--------------------------------------|----------------------|----------------------------|
| Easter Luncheon & Concert | Prosper Place | 10:00 AM TO 2:00 PM |

| APRIL 12 | LOCATION | TIME |
|---|-----------------|----------------------------|
| | | |
| APRIL 15 | LOCATION | TIME |
| Drop in Tours | Prosper Place | 1:00 PM TO 3:00 PM |
| APRIL 16 | LOCATION | TIME |
| Drop in Counselling | Prosper Place | 10:00 AM TO 4:00 PM |
| APRIL 17 | LOCATION | TIME |
| Drop in Tours | Prosper Place | 10:00 AM TO 3:00 PM |
| Social Rec: Crib Tournament or Coloring Contest | Prosper Place | 1:00 PM |
| APRIL 18 | LOCATION | TIME |
| Wellness with Sherry | Central Hall | 11:00 AM |
| Yoga with Dianne | Studio | 1:30 PM |
| APRIL 19 | LOCATION | TIME |
| | | |
| APRIL 22 | LOCATION | TIME |
| Drop in Tours | Prosper Place | 1:00 PM TO 3:00 PM |

| APRIL 23 | LOCATION | TIME |
|---------------------------|-----------------|-----------------------------|
| Drop in counselling | Prosper Place | 10:00 AM TO 4:00PM |
| Creative time with Sherry | Central Hall | 11:00 AM TO 12:00 PM |

| APRIL 24 | LOCATION | TIME |
|-------------------|-----------------|---------------------------|
| Drop in Tours | Prosper Place | 10:00AM TO 12:00PM |
| Social Rec: Bingo | Studio | 1:00 PM |

| APRIL 25 | LOCATION | TIME |
|------------------------|-----------------|-----------------|
| Wellness with Sherry | Central Hall | 11:00 AM |
| Peer Directors Meeting | Central Hall | 12:15 PM |
| Yoga with Dianne | Studio | 1:30 PM |

| APRIL 26 | LOCATION | TIME |
|-----------------|-----------------|-------------|
|-----------------|-----------------|-------------|

| APRIL 29 | LOCATION | TIME |
|-----------------|-----------------|------------------------|
| Drop in Tours | Prosper Place | 1:00 TO 3:00 PM |

| APRIL 30 | LOCATION | TIME |
|---------------------|-----------------|----------------------------|
| Drop in Counselling | Prosper Place | 10:00 AM TO 4:00 PM |