

# Community Voices

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Our Hawaiian Party was loads of fun. We had pizza played games and sang Karaoke.

## This month

- We will be CLOSED Friday March 29, 2024 for Good Friday.
- We are having our Annual Peer Conference on Friday March 15, 2024
- We are having a Writing for Recovery course starting January 22, 2024 until March 25, 2024 from 1-3 PM.
- We are having a Shamrock Scavenger Hunt on Wednesday March 13th.

**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

March 5, 2024 @ 11:00 am  
March 26, 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 MARCH 2024



Donna T has been chosen as Peer Member of the month for March 2024. Donna is an excellent reception worker. She is very friendly and charismatic. Donna will always flash you a wonderful smile and really brighten your day. Donna is an excellent listener and has a very jovial personality.

Congratulations Donna!!

## 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.

<b>Adam L</b>	<b>Dave F</b>	<b>Kayla W</b>	<b>Stephanie P</b>
<b>Adam T</b>	<b>Debbie G</b>	<b>Lana C</b>	<b>Sue M</b>
<b>Ahmad K</b>	<b>Deborah W</b>	<b>Lindsey G</b>	<b>Sunny N</b>
<b>Alan P</b>	<b>Dena B</b>	<b>Lisa G</b>	<b>Taurean W</b>
<b>Allan M</b>	<b>Derrick S</b>	<b>Lisa J</b>	<b>Terry R</b>
<b>Allison E</b>	<b>Don N</b>	<b>Maria B</b>	<b>Terry R</b>
<b>Bradley K</b>	<b>Donna H</b>	<b>Marilyn D</b>	<b>Timothy C</b>
<b>Brenda P</b>	<b>Francois M</b>	<b>Mark H</b>	<b>Tony V</b>
<b>Brian C</b>	<b>George B</b>	<b>Mary R</b>	<b>Tyson E</b>
<b>Candace G</b>	<b>Glen S</b>	<b>Mary Anne B</b>	<b>Vandana M</b>
<b>Cheryl M</b>	<b>Heather D</b>	<b>Melissa G</b>	<b>Wilson N</b>
<b>Cheryl O</b>	<b>Ian S</b>	<b>Mitchell L</b>	<b>Xi Z</b>
<b>Clint B</b>	<b>Ian L</b>	<b>Paige W</b>	<b>Zach W</b>
<b>Colin M</b>	<b>Jacob L</b>	<b>Raymundo G</b>	
<b>Dahir F</b>	<b>Janet K</b>	<b>Richard D</b>	
<b>Dana Z</b>	<b>Jean M</b>	<b>Robert L</b>	
<b>Darcie L</b>	<b>Jill S</b>	<b>Sabrina D</b>	
<b>Darlene W</b>	<b>Katherine P</b>		

# 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](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)	





## **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](mailto:info@prosperplace.org) or call 780-426-7861 for more details.

# 3rd Annual Prosper Place PEER CONFERENCE

**Friday March 15th, 2024 9:00 AM to 4:00 PM**

A Project of the Peer Directors Board.  
For people with lived experience of a  
mental health challenge and their guests.

## **\$10.00 TICKET INCLUDES:**

Education sessions

Knowledge sessions

Entertainment sessions

Lunch

Ticket sales and session registration

Please see Peer Leaders or call  
780-426-7861.

**Tickets on sale February 26th to March 8th.**





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

Phone: 780 699 3253

Email:

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





# CREATIVE TIME With Sherry



**March 5th**

St. Patrick's Day Gnome



**March 26th**

Bunny Butt Flower Pot

# What We Did

## Bingo

We had fun playing Bingo!



We had a Farkle tournament.  
Roll the dice!





# Valentine's Day

We played Valentines bingo, made cards and rose pens and had a coloring contest.



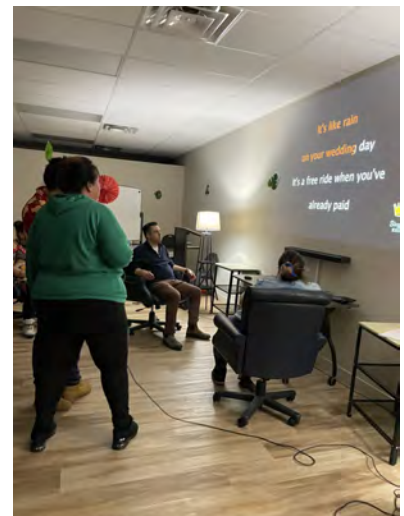
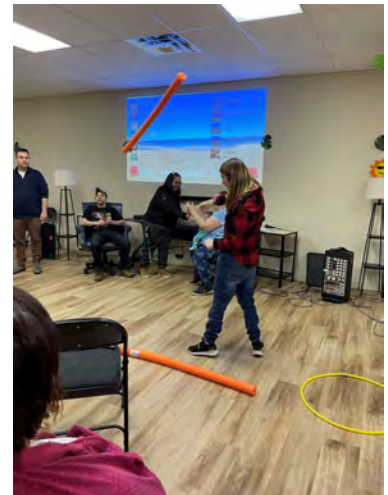


# Hawaiian Party

We had pizza for lunch!!



We played games like hoola hoop, javelin throw, Hawaiian word guess game and sang Karaoke.



# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mental Wellness Recovery Group
4 Drop In Tours Writing For Recovery	5 Drop In Counselling Creative Time with Sherry(St. Patrick's Day Craft)	6 Drop In Tours Social Rec: Monopoly	7 Wellness with Sherry Yoga with Dianne	8 Mental Wellness Recovery Group
11 Drop In Tours St. Patrick's Decorations Writing For Recovery	12 Shades of Self Disclosure Drop In Counselling Importance of Play	13 Drop In Tours Social Rec: Shamrock Scavenger Hunt	14 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	15 Peer Conference
18 Drop In Tours Writing For Recovery	19 Shades of Self Disclosure Self Advocacy Group Drop In Counselling	20 Drop In Tours Social Rec: Giant Jenga	21 Wellness with Sherry Yoga with Dianne	22 Mental Wellness Recovery Group
25 Drop In Tours Writing For Recovery	26 Drop In Counselling Importance of Play Creative Time with Sherry(Painting)	27 Drop In Tours Social Rec: Bingo	28 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	29 CLOSED

# March 2024

<b>MARCH 1</b>	<b>LOCATION</b>	<b>TIME</b>
Mental Wellness Recovery Group	Studio	10:00 AM TO 12:00 PM
<b>MARCH 4</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing for Recovery	Central Hall	1:00 PM TO 3:00 PM
<b>MARCH 5</b>	<b>LOCATION</b>	<b>TIME</b>
Drop In Counselling	Prosper Place	10:00 AM TO 3:00 PM
Creative time with Sherry	Central hall	11:00 AM TO 12:00 PM
<b>MARCH 6</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec: Monopoly	Central Hall	1:00 PM
<b>MARCH 7</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Sherry	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:30 PM
<b>MARCH 8</b>	<b>LOCATION</b>	<b>TIME</b>
Mental Wellness Recovery Group	Studio	10:00 AM TO 12:00 PM
<b>MARCH 11</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
Writing for recovery	Central Hall	1:00 PM TO 3:00 PM
St. Patrick's Decorations	Prosper Place	11:00AM
<b>MARCH 12</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Prosper Place	10:00AM TO 3:00 PM
Writing Group with Amanda	Central Hall	11:00AM
Shades of Self Disclosure	Central Hall	1:00 PM TO 3:00 PM
<b>MARCH 13</b>	<b>LOCATION</b>	<b>TIME</b>
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
Social Rec: Shamrock Scavenger Hunt	Prosper Place	1:00 PM



<b>MARCH 14</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Sherry	Central Hall	<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>MARCH 15</b>	<b>LOCATION</b>	<b>TIME</b>
<b>Peer Conference</b>	<b>Prosper Place</b>	<b>10:00 AM TO 4:00 PM</b>
<b>MARCH 18</b>	<b>LOCATION</b>	<b>TIME</b>
Writing for Recovery	Central Hall	<b>1:00 PM TO 3:00 PM</b>
Drop in Tours	Prosper Place	<b>1:00 PM TO 3:00 PM</b>
<b>MARCH 19</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Prosper Place	<b>10:00 AM TO 3:00 PM</b>
Self Advocacy Group	Central Hall	<b>11 AM TO 12 PM</b>
Shades of Self Disclosure	Central Hall	<b>1:00 PM TO 3:00 PM</b>
<b>MARCH 20</b>	<b>LOCATION</b>	<b>TIME</b>
Drop In Tours	Prosper Place	<b>10:00 AM TO 12:00 PM</b>
Social Rec: Giant Jenga	Central Hall	<b>1:00 PM</b>
<b>MARCH 21</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Sherry	Central Hall	<b>11:00 AM</b>
Yoga With Dianne	Studio	<b>1:30 PM</b>
<b>MARCH 22</b>	<b>LOCATION</b>	<b>TIME</b>
Mental Wellness Recovery Group	Studio	<b>10:00AM TO 12:00PM</b>

<b>MARCH 25</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	<b>10:00AM TO 12:00PM</b>
Writing for Recovery	Central Hall	<b>1:00 PM TO 3:00 PM</b>

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<b>MARCH 26</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in counselling	Prosper Place	<b>10:00 AM TO 3:00 PM</b>
Writing Group with Amanda	Central Hall	<b>11:00AM</b>
Creative time with Sherry	Studio	<b>11:00AM</b>

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<b>MARCH 27</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	<b>10:00 AM TO 12:00 PM</b>
Social Rec: Bingo	Studio	<b>1:00 PM</b>

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<b>MARCH 28</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness with Sherry	Central Hall	<b>11:00AM</b>
Peer Directors meeting	Studio	<b>12:15 PM</b>
Yoga with Dianne	Studio	<b>1:30 PM</b>

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<b>MARCH 29</b>	<b>LOCATION</b>	<b>TIME</b>
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**CLOSED FOR GOOD FRIDAY**