

Community Voices

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We hosted an Easter Luncheon with a concert. Both the performance and the meal were outstanding!

This month

- We are having a BBQ Party on Monday May 6th from 10am to 2pm with everyone from CMHA.
- We will be playing Nintendo Switch and Nintendo Wii Games on May 8th for Social Rec
- We will be CLOSED on Monday May 20th for Victoria Day.

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 @ 11am

CREATIVE TIME WITH SHERRY

May 7, 2024 @ 11:00 am
May 21, 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 MAY 2024



Jason N has been chosen as Peer Member of the month for May 2024. Jason N is an excellent canteen worker. He has a very upbeat and positive attitude. He goes above and beyond and is willing to help whenever possible.

Congratulations Jason!!

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.

Amina O	Goliath S	Maxine J	Terry D
Andrea W	Heather F	Melanie R	Tetyana K
Andrew L	Jacqueline O	Melanie C	Theresa M
Andrew S	June P	Michelle P	Trevor B
Angela F	Jane R	Miroslav M	Wendy M
Aviendha T	Janet W	Mitchell M	
Ben P	Jasper B	Peter P	
Camelia P	Jerry M	Robyn M	
Carl S	John B	Ron M	
Chris H	John L	Scott S	
Curtis M	Karen L	Shawn F	
Darcy F	Kim P	Simon W	
Darshini S	Kimberley F	Steven P	
Deanna B	Leslie M	Tammy M	
Doug P	Linda L	Teresa E	
Emily M	Mary J		
Eva G	Matthew T		
Gabrielle M			
Gilbert R			

KICKOFF BBQ

MONDAY, MAY 6
PROSPER
PLACE



FOOD | GAMES | LIVE DJ | AND MORE!

free
11am - 1pm



Canadian Mental
Health Association
Edmonton
Mental health for all



Self Compassion Workshop

Tuesday May 14th

1:30 PM to 2:30 PM

Prosper Place



Creative Time With Sherry

TUESDAY

7

MAY

MOTHER'S DAY CARDS



TUESDAY

21

MAY

ROCK PAINTING





Sorry
**WE'RE
CLOSED**

Monday, May 20, 2024



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)	



What We Did

Diamond Painting



Easter Bunny Pots



Easter Luncheon and Concert

Nelson doing introductions before the concert



The concert was great!



Tracy hard at work making all the lunches



We had an amazing lunch in the studio!



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Drop In Tours Social Rec: Board Games	2 Wellness with Sherry Yoga with Dianne	3
6  CMHA BBQ PARTY	7 Drop In Counselling Creative Time with Sherry: Mother's Day Cards	8 Drop In Tours Social Rec: Nintendo Games	9 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	10
13 Drop In Tours	14 Drop In Counselling Self Compassion Workshop	15 Drop In Tours Social Rec: Karaoke	16 Wellness with Sherry Yoga with Dianne	17
20 CLOSED	21 Drop In Counselling Creative Time with Sherry: Rock Painting	22 Drop In Tours Social Rec: Pictionary	23 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	24
27 Drop In Tours	28 Drop In Counselling	29 Drop In Tours Social Rec: Bingo	30 Wellness with Sherry Yoga with Dianne	31

MAY 2024

MAY 1	LOCATION	TIME
Drop In Tours	Prosper Place	10 AM TO 12:00 PM
Social Rec:Board Games	Central Hall	1:00 PM

MAY 2	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga With Dianne	Studio	1:30 PM

MAY 3	LOCATION	TIME
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MAY 6	LOCATION	TIME
CMHA BBQ Party	Prosper Place	11:00 am to 1:00 pm

MAY 7	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

MAY 8	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Nintendo Games	Prosper Place	1:00 PM

MAY 9	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Peer Director's Meeting	Central Hall	12:15 PM
Yoga With Dianne	Studio	1:30 PM

MAY 10	LOCATION	TIME
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MAY 13	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

MAY 14	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM
Self Compassion Workshop	Central Hall	1:30 PM TO 2:30 PM

MAY 15	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Karaoke	Studio	1:00 PM

MAY 16	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga With Dianne	Studio	1:30 PM

MAY 17	LOCATION	TIME
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MAY 20	LOCATION	TIME
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CLOSED FOR HOLIDAY

MAY 21	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
Creative time with Sherry	Central Hall	11:00 AM TO 12:00 PM

MAY 22	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Pictionary	Central Hall	1:00 PM

MAY 23	LOCATION	TIME
Wellness with Sherry	Central Hall	11:00AM TO 12:00 PM
Peer Directors Meeting	Central Hall	12:15 PM
Yoga with Dianne	Studio	1:30 PM
MAY 24	LOCATION	TIME
MAY 27	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
MAY 28	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
MAY 29	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bingo	Studio	1:00 PM
MAY 30	LOCATION	TIME
Wellness with Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga with Dianne	Studio	1:30 PM
MAY 31	LOCATION	TIME