

Community Voices

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We enjoyed a lively BBQ with hot dogs, chips, and even a video game bus!

This month

- Get your game faces on for the epic Farkle showdown happening on Wednesday, June 12th!
- Get ready to boogie at our Technicolor Pride Dance Party on Friday, June 14th, from 11 am to 2 pm! Lunch is free!
- A Stress Management Workshop is scheduled for Tuesday, June 18th, at 11:00 AM - 12 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

June 6,13,20,27 @ 11:00 am
Details in the event calendar.
THURSDAYS

CREATIVE TIME WITH SHERRY

June 4,11, 25 @ 11:00 am
Details in the event calendar.
TUESDAYS

WEEKLY EVENTS

Wednesday

Social Rec (1:00 pm)

Thursday

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 JUNE 2024



Scott S has been chosen as Peer Member of the month for June 2024. He is very helpful with doing dishes and reception. He is also learning how to work in the canteen. He also likes to play games and likes to help setting up for activities and events.

Congratulations Scott!!

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.

Alicja H.	Doreen D.	Kevin M.	Ron R.
Annastasia W.	Doug H.	Kyle N.	Samantha W.
Betty S.	Elmer L.	Larry L.	Samantha L.
Bobby N	George B.	Levi B.	Sebastian P.
Brian U.	Godfrey B.	Lindsey W.	Shaunnie P.
Carey B.	Gwen H.	Lori T.	Shawn K.
Cheryl S.	Heather W.	LouAnne M.	Shawn N.
Chido M.	Henry G.	Maria D.	Susan K.
Christine A.	Jacob K.	Matthew P.	Timothy S.
Clinton W.	James C.	Matthew S.	Tom G.
Colin M.	James H.	Michael S.	Tommy P.
Coral C.	Jean P.	Mitch H.	Zoel F.
Cory R.	Jeffery S.	Nam N.	Amanda B.
Daniel K.	Jessica B.	Nicole L.	Claudia W.
Darryl T.	Jessie W.	Patrick W.	Adam C.
David K.	Joel S.	Peggy D.	James L.
David M.	Joy M.	Phoenyx P.	Robert L.
David S.	K. Scot N.	Reese J.	
Dawn U.	Kathy J.	Rita C.	
Dennis B.	Kevin P.	Robert N.	

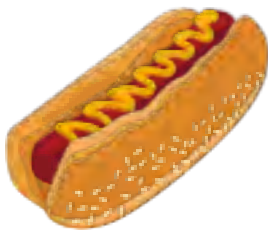


TECHNICOLOR PRIDE DANCE PARTY

FRIDAY JUNE 14TH 11 AM TO 2 PM

FREE EVENT!!

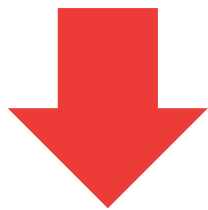
HOT DOGS



KARAOKE AND DANCING



STRESS MANAGEMENT



Tuesday June 18th, 2024

11:00 am to 12:00 pm

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.

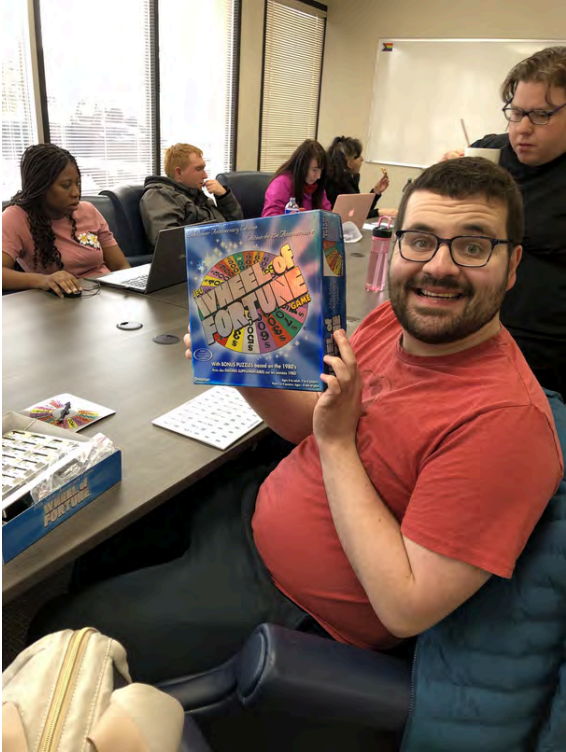
Our qualified team can assist with a number of issues including but not limited to:

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

Board Games



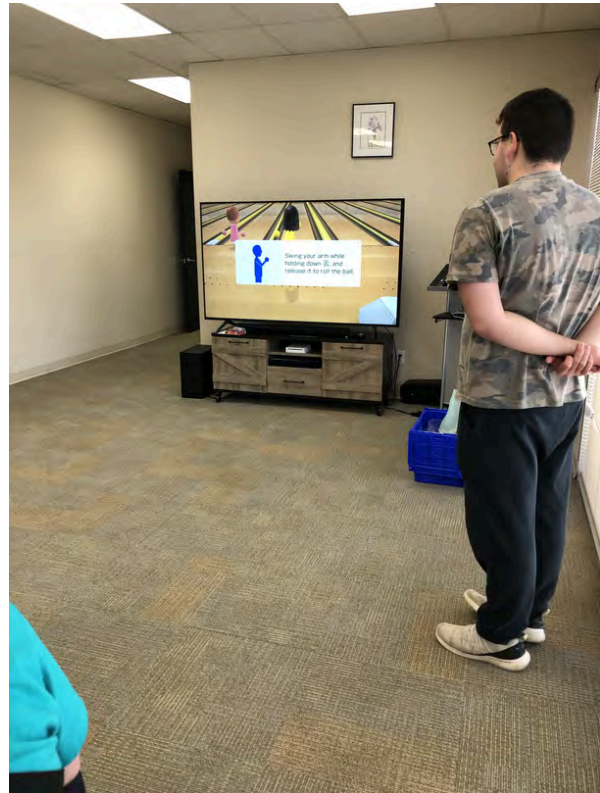
Wellness With Sherry



Karaoke Setup Training



Nintendo Games



Kick Off BBQ

DJ Played some music for us



Lloyd Cardinal Drumming



Had An Incredible Hot Dog Lunch



Played some Video Games

Played some Connect Four



JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drop In Tours	4 Drop In Counselling Creative Time with Sherry	5 Drop In Tours Social Rec: Uno	6 Wellness with Sherry Yoga with Dianne	7
10 Drop In Tours	11 Drop In Counselling Creative Time with Sherry	12 Drop In Tours Social Rec: Farkle	13 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	14 Technicolor Pride Dance Party 11-2
17 Drop In Tours	18 Drop In Counselling Stress Management	19 Drop In Tours Social Rec: Skip-Bo	20 Wellness with Sherry Yoga with Dianne	21
24 Drop In Tours	25 Drop In Counselling Creative Time with Sherry	26 Drop In Tours Social Rec: Bingo	27 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	28

JUNE 2024

JUNE 3	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM - 3:00PM
JUNE 4	LOCATION	TIME
Creative Time With Sherry	Central Hall	11:00 AM TO 12:00 PM
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
JUNE 5	LOCATION	TIME
Drop in Tours	Prosper Place	10:00AM -12:00PM
Social Rec:Uno	Central Hall	1:00 PM
JUNE 6	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga With Dianne	Studio	1:30 PM
JUNE 7	LOCATION	TIME
JUNE 10	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
JUNE 11	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
JUNE 12	LOCATION	TIME
Drop in Tours	Prosper Place	10:00AM TO 12:00PM
Social Rec Farkle	Central Hall	1:00 PM

JUNE 13	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM
Peer Director's Meeting	Central Hall	12:15 PM
Yoga With Dianne	Studio	1:30 PM

JUNE 14	LOCATION	TIME
PRIDE TECHNICOLOR DANCE PARTY	Prosper Place	11:00 AM - 2:00 PM

JUNE 17	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM

JUNE 18	LOCATION	TIME
Stress Management	Central Hall	11:00 AM TO 12:00 PM
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM

JUNE 19	LOCATION	TIME
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Skip-Bo	Central Hall	1:00 PM

JUNE 20	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga With Dianne	Studio	1:30 PM

JUNE 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

JUNE 24	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

JUNE 25	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

JUNE 26	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec:Bingo	Studio	1:00 PM

JUNE 27	LOCATION	TIME
Wellness with Sherry	Central Hall	11:00 AM TO 12:00 PM
Peer Directors Meeting	Central Hall	12:15 PM
Yoga with Dianne	Studio	1:30 PM

JUNE 28	LOCATION	TIME
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