

Community Voices

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We had a blast celebrating Pride Month at our vibrant Technicolor Pride Dance Party!

This month

- Mark your calendars for a sizzling BBQ Party on Wednesday, July 17th, 2024, from 11:00 am to 2:00 pm.
- Join the karaoke madness on Wednesday, July 24th, 2024 at 1:00 PM!
- We are hosting a workshop on Mastering Adaptability & Resilience on July 23rd at 11:00 AM.

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

July 9, 2024 @ 11:00 am
July 23, 2024 @ 11:00 am
Details in the event calendar.

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 JULY 2024



Asif S. has been chosen as Peer Member of the Month for July, 2024. Asif has a friendly, outgoing personality. He is always willing to talk to other peer members. Asif has been willing to learn new things with enthusiasm and a positive attitude.

Congratulations Asif!!

MEMBER BIRTHDAYS

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

Abdullah B	Desirea H	John M	Preston D
Adam P	Dolores B	Jose O	Richard H
Alexandra S	Douglas A	Joseph C	Rod Q
Alimany K	Dustin G	Jsun D	Roy G
Arvind B	Eang T	Kaite G	Ryan T
Ash J	Eric S	Kaitlyn F	Skyler K
Blaine G	Esther F	Karen C	Storm W
Brent W	Geri R	Kerstin L	Sue P
Bruce D	Glen F	Lisa L	Tammy L
Carmen H	Glen M	Maria M	Tara K
Casey E	Glen D	Marvin L	Teresa P
Charlotte W	Glenda S	Matthew L	Terra S
Cheylene C	Gloria P	Melissa L	Todd R
Christal I	Harold G	Michelle C	Trina B
Connie P	Hien D	Neil P	Trisha B
Corina L	Ivy T	Nicole B	Vincent B
Crystal W	Jason H	Nikita W	Violet B
Daniel N	Jason V	Patricia R	Yukyung H
Darlene H	Jenna K	Peter H	
Denise F	Jess B		

PROSPER PLACE

BBQ

Party



FREE FOOD

FREE DRINKS

**LET'S FIRE
UP THE
GRILL**

**MUSIC
FOOD
GAMES**

WEDNESDAY, JULY 17TH

11AM-2PM

PROSPER PLACE 10455-172 STREET

REALLYGREATSITE.COM

Mastering Adaptability & Resilience in a Changing World



Tuesday July 23 from 11 AM - 12 PM

@ Prosper Place, Studio

10455 172 Street NW Edmonton,



Canadian Mental
Health Association
Edmonton
Mental health for all



EDMONTON
Recovery
College
HOPE BELONGING CONNECTION



prosper
place

To register please visit us at: www.recoverycollegeedmonton.ca

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

BINGO



CREATIVE TIME



UNO



Wellness Hour



Technicolor Pride Dance Party.



JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Drop In Counselling	3 Drop In Tours Social Rec: Trivia Game and Coloring	4 Wellness with Sherry Yoga with Dianne	5
8 Drop In Tours	9 Drop In Counselling Creative Time with Sherry:	10 Drop In Tours Social Rec: Crib and Charades	11 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	12
15 Drop In Tours	16 Drop In Counselling	17 Drop In Tours Social Rec: BBQ Party	18 Wellness with Sherry Yoga with Dianne	19
22 Drop In Tours	23 Drop In Counselling Mastering Adaptability & Resilience	24 Drop In Tours Social Rec: Karaoke	25 Wellness with Sherry Peer Directors Meeting Yoga with Dianne	26
29 Drop In Tours	30 Drop In Counselling Creative Time with Sherry:	31 Drop In Tours Social Rec: Bingo		

JULY 2024

JULY 1	LOCATION	TIME
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CLOSED FOR CANADA DAY

JULY 2	LOCATION	TIME
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Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
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JULY 3	LOCATION	TIME
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Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
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Social Rec: Trivia Game and Coloring	Central Hall	1:00 PM
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JULY 4	LOCATION	TIME
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Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
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Yoga With Dianne	Studio	1:30 PM
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JULY 5	LOCATION	TIME
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JULY 8	LOCATION	TIME
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Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
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JULY 9	LOCATION	TIME
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Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
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Creative Time With Sherry	Central Hall	11:00 AM TO 12:00 PM
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JULY 10	LOCATION	TIME
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Drop in Tours	Prosper Place	10:00AM TO 12:00PM
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Social Rec Crib and Charades	Centrall Hall	1:00 PM
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JULY 11	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
JULY 12	LOCATION	TIME
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JULY 15	LOCATION	TIME
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM
JULY 16	LOCATION	TIME
Drop In Counselling	Prosper Place	10:00 AM TO 4:00 PM
JULY 17	LOCATION	TIME
Social Rec: BBQ Party	Prosper Place	11:00 AM TO 2:00 PM
JULY 18	LOCATION	TIME
Wellness With Sherry	Central Hall	11:00 AM TO 12:00 PM
Yoga With Dianne	Studio	1:30 PM
JULY 19	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

JULY 22	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

JULY 23	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
Mastering Adapatability & Resilience in a changing world (Recovery College)	Studio	11:00 AM TO 12:00 PM

JULY 24	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Karaoke	Central Hall	1:00 PM

JULY 25	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

JULY 26	LOCATION	TIME
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JULY 29	LOCATION	TIME
Drop in Tours	Prosper Place	1:00PM TO 3:00 PM

JULY 30	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

JULY 31	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bingo	Studio	1:00 PM