

Hours of Operation

Monday 9am to 4:30pm  
Tuesday 9am to 4:30pm  
Wednesday 9am to 4:30pm  
Thursday 9am to 4:30pm  
Friday 9am to 2:30pm

Issue # 33, February 2025

# Community Voices

## IN THIS ISSUE

Meet With Us	2
Peer Member of the Month & Birthdays	3
Hawaiian Party	4
Peer Conference	5
Get money with Colin & Friends	6
Free Tax Clinic	7
Drop In Single Session Counselling	8
Bannock Recipe	9
What We Did	10
February Events Calendar	12
Event Details	13



We threw a Friendship Feast packed with mouthwatering grub, awesome prizes, and a concert that rocked our socks off!

## This month

- Our establishment will be closed on Monday, February 17, 2025, in observance of Family Day.
- Get ready to caffeinate with us at Coffee Chat on Tuesday, February 11th, 2025! Don't miss the fun! ☕️🌟
- Aloha! Get ready to hula on over to our Hawaiian Party on Wednesday, February 19th, 2025!

**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 BRYNA

Thursdays @ 11am

## CREATIVE TIME

February 4, 2025  
February 18, 2025  
@ 11:00

## WEEKLY EVENTS

Tuesday

Board Games (1:00 pm)

Wednesday

Social Rec (1:00 pm)

Thursday

Yoga with Dianne (1:00 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 FEBRUARY 2025



Mitchell L. has been chosen as Peer Member of the Month for February, 2025. Mitchell is great at helping out Prosper Place. He is a Peer Board Member. He engages in feed back. He is always the person to go to for important questions that members want information on. Prosper Place is his 2nd home.

Congratulations Mitchell!!!

## MEMBER BIRTHDAYS

We celebrate birthdays every Wednesday with a birthday treat prepared in-house by our very talented 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 C</b>	<b>Dezyrea P.</b>	<b>Kelly K.</b>	<b>Sarah B.</b>
<b>Akan A.</b>	<b>Diana H.</b>	<b>Leanne C.</b>	<b>Scott D.</b>
<b>Alison I.</b>	<b>Dragan K.</b>	<b>Lorie M.</b>	<b>Tammy W.</b>
<b>Allen W.</b>	<b>Dreyen C.</b>	<b>Mai T.</b>	<b>Tegan B.</b>
<b>Arlene C.</b>	<b>Fantasy T.</b>	<b>Margaret P.</b>	<b>Tommy D.</b>
<b>Ashton C.</b>	<b>Farrah S.</b>	<b>Martin B.</b>	<b>Toni C.</b>
<b>Ava K.</b>	<b>Gabin K.</b>	<b>Maureen M.</b>	<b>Tracy P.</b>
<b>Bosco W.</b>	<b>Gage C.</b>	<b>May J.</b>	<b>Triston P.</b>
<b>Bryna C.</b>	<b>Gordon B.</b>	<b>Melody M.</b>	<b>Valorie K.</b>
<b>Candace M.</b>	<b>Greg H.</b>	<b>Murray W.</b>	<b>Vicky S.</b>
<b>Carla C.</b>	<b>Heidi R.</b>	<b>Raymond R.</b>	<b>William C.</b>
<b>Charles L.</b>	<b>Ilona P.</b>	<b>Reina H.</b>	
<b>Chris M.</b>	<b>Jason N.</b>	<b>Rhonda E.</b>	
<b>Chris S.</b>	<b>Jordan N.</b>	<b>Rhonda R.</b>	
<b>Craig B.</b>	<b>Joseph F.</b>	<b>Roula A.</b>	
<b>Darcey C.</b>	<b>Karen K.</b>	<b>Roxanne B.</b>	
<b>Darren V.</b>	<b>Karen C.</b>	<b>Ryan H.</b>	
<b>David P.</b>	<b>Kelly C.</b>		
<b>Dena J.</b>			
<b>Devon A.</b>			
<b>Devon A.</b>			



YOU'RE INVITED  
TO THE  
PROSPER PLACE

# HAWAIIAN PARTY

WEDNESDAY

FEBRUARY 19, 2025

**LUNCH (PIZZA) \$4.00**

Karaoke, limbo and  
hula hoops!

**SIGN UP FOR LUNCH ON  
DAY OF PARTY**

# 3<sup>rd</sup> Annual Peer Conference

workshops | smudge ceremony | guest speakers

**DATE: MARCH 13, 2025**

**TIME: 9:30 AM to 3:40 PM**

**WHERE: Prosper Place Studio**

**ADDRESS: 10455 - 172 Street EDMONTON**

**TICKETS**

**\$20**

Includes Boxed Lunch



**for tickets call 780-426-7861**



**Canadian Mental  
Health Association**  
Edmonton  
*Mental health for all*

# GET MONEY!

with Colin & Friends



Are you living on **AISH income**?  
Could you use a **few more dollars** each month?  
You could easily earn a **few hundred dollars** each month.

Join Colin and friends on  
**Tuesdays: February 25, March 4, 11, 18**  
**at 11:00 AM in Prosper Place Central Hall**  
to find out how

## YOU COULD HAVE MORE MONEY!

Register Today:  
with Colin at [csimpson@cmha-edmonton.ab.ca](mailto:csimpson@cmha-edmonton.ab.ca) | 780-426-7861



## **Free Tax Clinics**

The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA).

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.

We will be accepting tax member information near the end of February 2025.

## 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)	





# Pan Fried Nunavut Bannock

**Recipe by:** Theresa Buker

**Prep Time:** 5 Minutes

**Serves** 6

## **Ingredients:**

- 2  $\frac{3}{4}$  Cup of flour
- 2 Teaspoon Baking Powder
- $\frac{1}{2}$  Teaspoon salt
- $\frac{1}{4}$  Cup unsalted butter
- 1 Cup of water

## **Instructions:**

1. In a large bowl using a wire whisk, combine flour, baking powder and salt.
2. With pastry blender mix in the softened unsalted butter into flour until it resembles crumbs.
3. With a fork mix in water into flour mixture until it becomes sticky dough.
4. Turn dough onto lightly floured surface and kneed gently 8-10 times.
5. Pat out to about  $\frac{1}{2}$  inch thick .
6. Lightly grease the electric frying pan (or stove top frying pan). Cover with lid. Set the temperature to 450 Degree F.
7. Place the flattened dough into the frying pan. Cover with lid. Set the timer for 8 minutes.
8. When timer goes, turn Bannock over. Reset the timer for 7 minutes.
9. The dough will be thick and golden on both sides.
10. Remover from pan, cut into 6 wedges and serve hot with butter.



# What We Did

## Friendship Feast

Everyone was living it up at the Friendship Feast! With toe-tapping tunes, a feast fit for a king, and prizes flying around, it was a party to remember!



## Creative Time

We made a little octopus with paper!



## Crib Tournament



# FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3  Drop In Tours	4 Drop In Counselling  Creative Time Board Games	5 Drop In Tours  Social Rec: Name That Tune	6 Wellness with Bryna  Yoga with Dianne	7
10  Drop In Tours	11 Drop In Counselling  Coffee Chat Board Games	12 Drop In Tours  Social Rec: Valentines Cards	13 Wellness with Bryna  Peer Directors Meeting  Yoga with Dianne	14
17  <b>CLOSED FOR FAMILY DAY</b>	18 Drop In Counselling  Creative Time Board Games	19 Drop In Tours  Social Rec: Hawaiian Party	20 Wellness with Bryna  Yoga with Dianne	21
24  Drop In Tours	25 Drop In Counselling Board Games	26 Drop In Tours  Social Rec: Bingo	27 Wellness with Bryna Peer Directors Meeting  Yoga with Dianne	28

# FEBRUARY 2025

<b>FEBRUARY 3</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

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<b>FEBRUARY 4</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
Creative Time	Central Hall	11:00 AM
Board Games	Central Hall	1:00 PM

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<b>FEBRUARY 5</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Name That Tune	Studio	1:00 PM

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<b>FEBRUARY 6</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Bryna	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM

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<b>FEBRUARY 7</b>	<b>LOCATION</b>	<b>TIME</b>
Open	Prosper Place	9:00 AM TO 2:30 PM

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<b>FEBRUARY 10</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

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<b>FEBRUARY 11</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Central Hall	11:00 AM
Coffee Chat	Central Hall	11:00 AM
Board Games	Central Hall	1:00 PM

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<b>FEBRUARY 12</b>	<b>LOCATION</b>	<b>TIME</b>
Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Valentine's Cards	Central Hall	1:00 PM

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<b>FEBRUARY 13</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Bryna	Central Hall	11:00 AM
Peer Director's Meeting	Central Hall	12:30 PM
Yoga With Dianne	Studio	1:00 PM

<b>FEBRUARY 14</b>	<b>LOCATION</b>	<b>TIME</b>
Open	Prosper Place	9:00 AM TO 2:30 PM

<b>FEBRUARY 17</b>	<b>LOCATION</b>	<b>TIME</b>
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**CLOSED FOR FAMILY DAY**

<b>FEBRUARY 18</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
Creative Time	Centrall Hall	11:00 AM
Board Games	Centrall Hall	1:00 PM

<b>FEBRUARY 19</b>	<b>LOCATION</b>	<b>TIME</b>
<b>Hawaiian Party</b>	<b>Prosper Place</b>	<b>10:00 AM TO 2:00 PM</b>

<b>FEBRUARY 20</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness with Bryna	Centrall Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM

<b>FEBRUARY 21</b>	<b>LOCATION</b>	<b>TIME</b>
Open	Prosper Place	9:00 AM TO 2:30 PM

<b>FEBRUARY 24</b>	<b>LOCATION</b>	<b>TIME</b>
Drop In Tours	Prosper Place	1:00 PM TO 3:00 PM

<b>FEBRUARY 25</b>	<b>LOCATION</b>	<b>TIME</b>
Drop in Counselling	Prosper Place	10:00 AM TO 4:00 PM
Board Games	Prosper Place	1:00 PM

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<b>FEBRUARY 26</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>FEBRUARY 27</b>	<b>LOCATION</b>	<b>TIME</b>
Wellness With Bryna	Central Hall	<b>11:00 AM</b>
Peer Director's Meeting	Prosper Place	<b>12:30 PM</b>
Yoga With Dianne	Studio	<b>1:00 PM</b>

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<b>FEBRUARY 28</b>	<b>LOCATION</b>	<b>TIME</b>
Open	Prosper Place	<b>9:00 AM TO 2:30 PM</b>

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