

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 #34 March 2025

Community Voices

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We had an absolute blast at the Hawaiian shindig! We chowed down on mouthwatering pizza, dove into thrilling games, and belted out karaoke like we were the next pop stars!

This month

- We are pleased to announce our third annual Peer Conference, scheduled for Thursday March 13, 2025.
- Get ready to unleash your inner child because we're throwing a spectacular fun fair on Wednesday, March 19, 2025!
- We are hosting a Self-Compassion workshop on March 18, 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

March 11, 2025
March 25, 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 MARCH 2025



Michelle. H has been chosen as the peer member of the month for March 2025. Michelle is a wonderful person to be around. She helps in the kitchen on Thursdays and does the dishes. She is kind, caring and compassionate. She is such a joy to be around, so let's congratulate her on a job well earned. Yay Michelle!!

Congratulations Michelle!!

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.

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

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.

3rd 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
\$5.00

Includes Boxed Lunch



for tickets call 780-426-7861



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



Prosper Place Peer Conference 2025

You're invited to join the Prosper Place member-run community for our third annual Peer Conference!

Schedule of the Day

9:30 AM – 10:00 AM	Doors open
10:00 AM – 10:15 AM	Opening
10:15 AM – 11:15 AM	Introduction to Cree Culture Lloyd Cardinal, Indigenous Knowledge Keeper
11:15 AM – 11:30 AM	Morning Health Break
11:30 AM – 12:30 PM	A Story of Lived Experience Victoria Grainger, Wellness Works Canada
12:30 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	A Story of Lived Experience Lance Freitas, Recovery College Facilitator, CMHA-ER
2:00 PM – 2:15 PM	Afternoon Health Break
2:15 PM – 3:15 PM	Ask the Doctor Dr. Jan Banasch, Psychiatrist
3:15 PM – 3:30 PM	Closing

- Thursday, March 13, 2025, 9:30 AM – 3:30 PM
- Prosper Place Studio, 10455 – 172 street, Free parking
- Tickets \$5 Prosper Place members & \$20 non-members – Lunch included
- Buy your tickets in-person at Prosper Place or phone to reserve your ticket at 780.426.7861

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 | 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 or call 780-426-7861 for more details.

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

DEVELOPING SELF-COMPASSION

March 18th from 11 - 12 PM

@ Prosper Place

10455 172 Street

One of the best antidotes for negativity in our lives is self-compassion. Learn to take better care of yourself today and gain resiliency for the future.



Canadian Mental
Health Association
Edmonton
Mental health for all



EDMONTON
Recovery
College
—
HOPE BELONGING CONNECTION



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

CMHA-ER PEER COLLEGE OPEN MINDS SERIES

CMHA-ER Peer College offers a series of learning sessions to foster empathy, compassion, understanding, and hope.

Hoarding

Presented by

Hoarding Disorder Foundation of Alberta

**Friday, April 4 and 11, 10:00 AM – 3:00 PM Bring your own lunch to Prosper Place 10455 – 172 street
Free Parking**

To register:

Email csimpson@cmha-edmonton.ab.ca
or phone Colin at 780-426-7861



Canadian Mental
Health Association
Edmonton
Mental health for all

Prosper Place Community Presentation by fYrefly

Tuesday, April 22, 11:00 AM – Noon

Rae Madge (she / they) will give a **presentation** on the **2SLGBTQ+ community**.

Afterwards there will be a

Question and Answer session.

Find out about **pronouns** that people are using and learn about the **“Gingerbread person”** and more stuff about the **2SLGBTQ+ community**.

Whether you **identify** as 2SLGBTQ+ or you wish to **be an ally** come to this presentation to **show your support!**

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

Hawaiian Party



Valentines Day Card Making With Sarah



Creative Time With Carmen



MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drop In Tours	4 Drop In Counselling Get Money Workshop Board Games	5 Drop In Tours Social Rec: Diamond Painting	6 Wellness with Bryna Yoga with Dianne	7
10 Drop In Tours	11 Drop In Counselling Get Money Workshop Creative Time Board Games	12  Drop In Tours Social Rec: St. Pats Day Scavenger Hunt	13 PEER CONFERENCE	14
17  Drop In Tours	18 Drop In Counselling Get Money Workshop Developing Self Compassion Workshop Board Games	19 Drop In Tours Social Rec: Fun Fair	20 Wellness with Bryna Peer Board Meeting Yoga with Dianne	21
24 Drop In Tours	25 Drop In Counselling Creative Time Board Games	26 Drop In Tours Social Rec: Bingo	27 Wellness with Bryna Yoga with Dianne	28
31 Drop In Tours				

MARCH 2025

MARCH 3	LOCATION	TIME
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Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
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MARCH 4	LOCATION	TIME
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Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
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Get Money Workshop	Central Hall	11:00 AM
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Board Games	Prosper Place	1:00 PM
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MARCH 5	LOCATION	TIME
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Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
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Social Rec: Diamond Painting	Central Hall	1:00 PM
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MARCH 6	LOCATION	TIME
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Wellness With Bryna	Central Hall	11:00 AM
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Yoga with Dianne	Studio	1:00 PM
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MARCH 7	LOCATION	TIME
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Open	Prosper Place	9:00 AM TO 2:30 PM
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MARCH 10	LOCATION	TIME
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Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
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MARCH 11	LOCATION	TIME
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Drop in Counselling	Proser Place	10:00 AM TO 3:00 PM
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Get Money Workshop	Central Hall	11:00 AM
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Creative Time	Studio	11:00 AM
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Board Games	Prosper Place	1:00 PM
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MARCH 12	LOCATION	TIME
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Drop In Tours	Prosper Place	10:00 AM TO 12:00 PM
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Social Rec:St. Patrick's Day Scavenger Hunt	Prosper Place	1:00 PM
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MARCH 13**LOCATION****TIME****PEER CONFERENCE****PROSPER PLACE****9:00 AM TO 3:30 PM**

MARCH 14**LOCATION****TIME**

Open

Prosper Place

9:00 AM TO 2:30 PM

MARCH 17**LOCATION****TIME**

Drop In Tours

Prosper Place

1:00 PM TO 3:00 PM

MARCH 18**LOCATION****TIME**

Drop in Counselling

Prosper Place

10:00 AM TO 3:00 PM

Get Money Workshop

Studio

11:00 AM - 12:00 PM**Developing Self****Compassion Workshop**

Centrall Hall

11:00 AM - 12:00 PM

Board Games

Prosper Place

1:00 PM

MARCH 19**LOCATION****TIME**

Drop In Tours

Prosper Place

10:00 AM TO 12:00 PM

Fun Fair

Studio

1:00 PM

MARCH 20**LOCATION****TIME**

Wellness with Bryna

Centrall Hall

11:00 AM

Peer Board Meeting

Centrall Hall

12:30 PM

Yoga with Dianne

Studio

1:00 PM

MARCH 21**LOCATION****TIME**

Open

Prosper Place

9:00 AM TO 2:30 PM

MARCH 24**LOCATION****TIME**

Drop In Tours

Prosper Place

1:00 PM TO 3:00 PM

MARCH 25**LOCATION****TIME**

Drop in Counselling

Prosper Place

10:00 AM TO 3:00 PM

Creative Time

Central Hall

11:00 AM

Board Games

Prosper Place

1:00 PM

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

MARCH 27	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga With Dianne	Studio	1:00 PM

MARCH 28	LOCATION	TIME
Open	Prosper Place	9:00 AM TO 2:30 PM

MARCH 31	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM