

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 #35 April 2025

Community Voices

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We thoroughly enjoyed our third annual Peer Conference! Featuring four exceptional guest speakers who energized the stage, the event exceeded expectations and provided an engaging experience for all attendees.

This month

- Mark your calendars! ETS is rolling out a dazzling presentation on Tuesday, April 15, 2025, at 11:00 AM. Don't miss it!
- Prepare to be inspired! A remarkable fYrefly 2SLGBTQ+ presentation is scheduled for Tuesday, April 22, 2025, at 11:00 AM. This is an event you won't want to miss!
- Get ready to hop into some fun! Our Easter Luncheon is happening on Wednesday, April 16th, 2025, from 10:00 AM to 2:00 PM. Don't miss it!

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

April 8th, 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 APRIL 2025



Pauline G. has been chosen as the peer member of the month for April 2025. Pauline is a long time member at Prosper Place. You can usually find her at reception on Tuesdays or playing crib. Her incredible smile, sense of humor and friendly disposition are always welcome when someone is having a bad day. We are grateful for all the help she does to help other members navigate programs and compile statistics for Prosper Place.

Congratulations Pauline!

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.

Adel R.	Danielle B-M.	Laura B.	Russel D.
Alex D.	Darcy J.	Laurie W.	Sandra T.
Alexandra C.	Dominika G.	Lena B.	Sean S.
Amber B.	Donald B.	Leona S.	Shawn L.
Amit S.	Donna M.	Lexi M.	Shelley W.
April L.	Erica T-A.	Max G.	Shiloah S.
Audra F.	Gabriel C.	Meritta T.	Stephanie B.
Autumn M.	Herman G.	Michael B.	Stewart B.
Barb K.	Holly P.	Mohammed A.	Tanner A.
Benjamin M.	Hunter W.	Monica F.	Thor S.
Bruce G.	Ivan N.	Muhammed D.	Tina W.
Bryan E.	Jackie U.	Percy M.	Trent G.
Chelsea M.	Jacob G.	Philip C.	Troy W.
Chris W.	Jane A.	Rahul S.	Tyler N.
Christine E.	Jeff E.	Rhonda L.	Vanessa C.
Christos P.	Jenny T.	Richard C.	William C.
Collin S.	Jessie F.	Rimna N.	William S.
Connie S.	Jorem L.	Ronald L.	William T.
Corrine T.		Rosa D.	Zach H.
Crystal F.		Roy S.	
Crystal Y.			

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.



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.

PROSPER PLACE

PRESENTS

OUR

ANNUAL

Easter
LUNCHEON
and
Concert

WEDNESDAY APRIL 16TH, 2025

11 AM TO 2:00 PM

Concert @ 11:00 AM

LUNCH AT 12:00 PM

TICKETS \$10.00 FOR MEMBERS

\$12.00 FOR GUESTS/STAFF

PROSPER PLACE 10455 172ND ST NW

Limited tickets available



Presentation by
Edmonton Transit Services
about the ARC CARD



by Pallavi Kambo with
Edmonton Transit Services

TUESDAY, April 15, 11:00 AM – 12:00 PM

To Register:

Phone 780-462-7861

Email csimpson@cmha-edmonton.ab.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

Peer Conference

Sarah delivered the land acknowledgment.



Guest speaker Lance Freitas



Guest speaker Dr. Jan Banasch



Guest speaker Victoria Grainger



Chef Tracy was in full-on lunch-making mode, whipping up deliciousness like a culinary wizard!



Studio snack time: the morning munchies have officially arrived!



We packed the house for the Peer Conference! What a turnout!



St. Patrick's Scavenger Hunt

The scavenger hunt champions snagged an awesome prize!



Diamond Painting

Diamond Painting was like the rockstar of crafts!

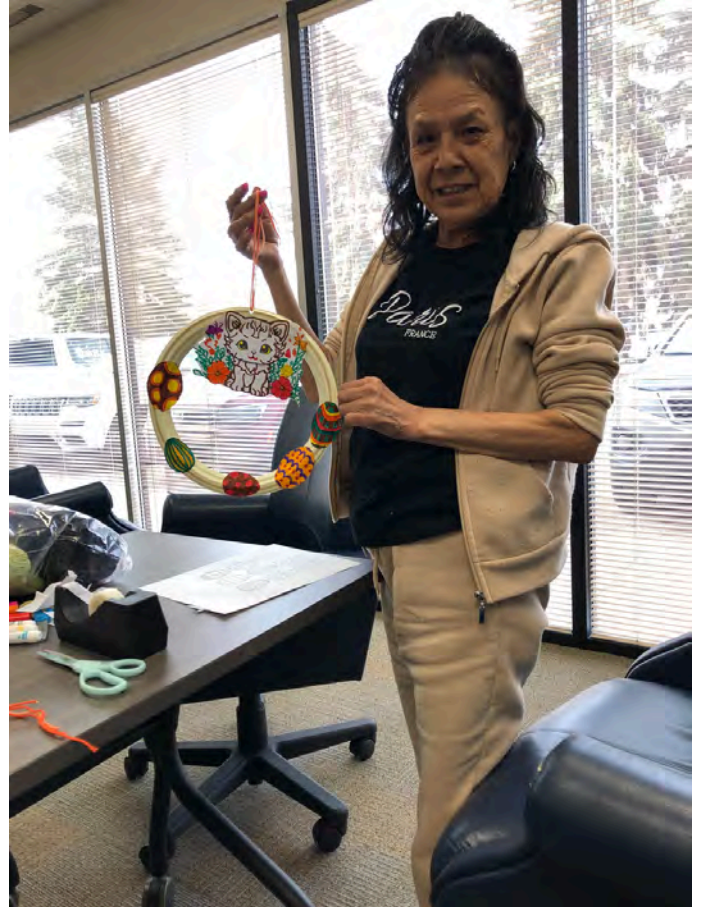


Fun Fair

We had a blast toppling towers in Giant Jenga, knocking down pins in Inflatable Bowling, shooting hoops in basketball, and launching javelins like Olympic champions! What a wild ride!



Creative time with Carmen



Tuesday Board Games



APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Drop In Counselling Board Games	2 Drop In Tours Social Rec: Coloring Contest	3 Wellness with Bryna Yoga with Dianne	4 Hoarding Workshop
7 Drop In Tours	8 Drop In Counselling Creative Time Board Games	9  Drop In Tours Social Rec: Easter Craft	10 Wellness with Bryna Peer Board Meeting	11 Hoarding Workshop
14 Drop In Tours	15 Drop In Counselling ETS Presentation Board Games	16  Drop In Tours Social Rec: Easter Luncheon	17 Wellness with Bryna Yoga with Dianne	18 Closed for Holiday
21 Closed for Holiday	22 Drop In Counselling fYrefly 2SLGBTQ+ Presentation Board Games	23 Drop In Tours Social Rec: Karaoke	24 Wellness with Bryna Peer Board Meeting Yoga with Dianne	25
28 Drop In Tours	29 Drop In Counselling Hope Building 101 Workshop Board Games	30 Drop In Tours  Social Rec: Bingo		

APRIL 2025

APRIL 1	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Board Games	Prosper Place	1:00 PM
APRIL 2	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Coloring Contest	Prosper Place	1:00 PM
APRIL 3	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM
APRIL 4	LOCATION	TIME
Hoarding Workshop	Prosper Place	11:00 AM TO 3:00 PM
APRIL 7	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM
APRIL 8	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00:00 AM TO 3:00 PM
Creative Time	Central Hall	11:00 AM
Board Games	Prosper Place	1:00 PM
APRIL 9	LOCATION	TIME
Drop in Tours	Proser Place	10:00 AM TO 12:00 PM
Social Rec: Easter Craft	Prosper Place	1:00 PM
APRIL 10	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Peer Board Meeting	Central Hall	12:30 PM

APRIL 11	LOCATION	TIME
Hoarding Workshop	Central Hall	11:00 AM TO 3:00 PM

APRIL 14	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

APRIL 15	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
ETS Presentation	Central Hall	11:00 AM
Board Games	Prosper Place	1:00 PM

APRIL 16	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Easter Luncheon	Prosper Place	10:00 AM TO 2:00 PM

APRIL 17	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga with Dianne	Studio	1:00 PM

APRIL 18	LOCATION	TIME
Closed for Holiday		

APRIL 21	LOCATION	TIME
Closed for Holiday		

APRIL 22	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
fYrefly 2SLGBTQ+ Presentation	Central Hall	11:00 AM

APRIL 23	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Karaoke	Studio	1:00 PM

APRIL 24	LOCATION	TIME
Wellness With Bryna	Central Hall	11:00 AM
Yoga With Dianne	Studio	1:00 PM

APRIL 25	LOCATION	TIME
Open	Prosper Place	9:00 AM TO 2:30 PM

APRIL 28	LOCATION	TIME
Drop in Tours	Prosper Place	1:00 PM TO 3:00 PM

APRIL 29	LOCATION	TIME
Drop in Counselling	Prosper Place	10:00 AM TO 3:00 PM
Hope Building 101	Central Hall	11:00 AM-12:00 PM
Board Games	Prosper Place	1:00 PM

APRIL 30	LOCATION	TIME
Drop in Tours	Prosper Place	10:00 AM TO 12:00 PM
Social Rec: Bingo	Studio	1:00 PM
