



## Winter Semester Programs 2021

Wellness Network Online Drop-in						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Join us over Zoom every Monday and Thursday – Links to Zoom are provided on the Website	Peer Navigators	Mondays Thursdays	Mondays Thursdays	1:00 pm to 3:00 pm 12:00 pm to 2:00 pm	2	Free
<p align="center"><i>You can click here to get to the flyer. Zoom links right in the poster</i>  <a href="https://wellnessnetworkedmonton.com/wp-content/uploads/2020/12/Wellness-Network-Drop-Ins-2021-002.pdf">https://wellnessnetworkedmonton.com/wp-content/uploads/2020/12/Wellness-Network-Drop-Ins-2021-002.pdf</a>            or register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a> or by calling (780) 699-3253</p>						

Wellness Network Recovery College Courses						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Goal Setting</b> <i>6-week Online Recovery College Course</i> <b>Limit: 6 participants</b>	TBD	Thursday's	Every Thursday, January 7 to February 11	2:00 pm to 4:00 pm	2	Free
<b>Creating Resiliency</b> <i>6-week Online Recovery College Course</i> <b>Limit: 6 participants</b>	TBD	Mondays	Every Monday, January 11 to February 22 No Class on February 15	10:00 am to 12:00 pm	2	Free
<b>Creative Sandwiches</b> <i>4-week Online Recovery College Course</i> <b>Limit: 6 participants</b>	TBD	Tuesdays	Every Tuesday, January 12 to February 2	11:00 am to 1:00 pm	2	Free
<b>Leadership Series</b> <i>8-week Online Recovery College Course</i> <b>Limit: 6 participants</b>	TBD	Mondays	Every Monday, February 22 to March 29	2:00 am to 4:00 pm	2	Free
<p align="center"><i>Please call Fay Swann at (780) 426-7861 or email at <a href="mailto:fswann@prosperplace.org">fswann@prosperplace.org</a>            or register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a></i></p>						



## Winter Semester Programs 2021

Wellness Network Recovery College Courses						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Wellness Recovery Action Plan (WRAP)</b> <i>9-week Online Recovery College Course</i>	Naomi Hales & Cathy Chapman	Tuesdays	Every Tuesday, January 12 to March 9	1:00 pm to 3:00 pm	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <i>9-week Online Recovery College Course</i>	Robin Pyck & Lauren Pearson	Wednesdays	Every Wednesday, January 13 to March 10	1:00 pm to 3:00 pm	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <i>9-week Online Recovery College Course</i>	Suzanne Cunningham & Jessica Pruden	Thursdays	Every Thursday, January 14 to March 11	5:00 pm to 7:00 pm	2	Free
<b><i>Please call Lauren at (780) 342-7686 or register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a></i></b>						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Power Through Peers (Group exploration of self-care, community and embracing recovery)</b> <i>5-week Online Recovery College Course</i>	Nicole Sharpe	Thursdays	Every Thursday, January 14 to March 11	1:30 pm to 2:30 pm	1	Free
<b><i>Please call Nicole at (780) 289-6219 or email <a href="mailto:nicole.sharpe@ahs.ca">nicole.sharpe@ahs.ca</a> or register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a></i></b>						

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Wellness Network Recovery College Courses						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Mental Wellness Recovery Group (MWRG)</b> <i>8-week Online Recovery College Course</i>	Michelle Black & Katie Turner	Wednesdays	Every Wednesday starting February 3 to March 24	11:00 am to 1:00 pm	2	Free
<b>Do What You Love and Love What You Do!!! (DWYL)</b> <i>8-week Online Recovery College Course</i> <small>(the \$20 is for the Interactive Workbook – you will not need it for the first class, and during the class, we can make arrangements for curbside pickup)</small>	Michelle Black & Katie Turner	Fridays	Every Friday starting February 5 to March 26	11:00 am to 1:00 pm	2	\$20.00
<b>Writing for Recovery</b> <i>8-Week Online Recovery College Course</i>	Leif Gregersen & Katie Turner	Wednesdays	Every Wednesday starting January 6 to February 24	2:00 pm to 4:00 pm	2	Free

**Please register on our website at [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com) or by calling (780) 699-3253**

Wellness Network Programs - Check out our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a>
<p><b>Description</b></p> <p><b>AMSA (Art Mentorship Society of Alberta)</b>  <b>Art Programs – Online</b> - Check our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a> for links for FREE How to Art Videos!            Call AMSA at (780) 705-7760 or <a href="mailto:artmentorshipag@gmail.com">artmentorshipag@gmail.com</a></p> <p><b>e4c</b></p> <p><b>Supporting Each Other Through COVID-19</b>  <i>Online Sharing Circle – Hosted by Tanya Keewatin-Stonechild with elders Will Campbell &amp; Russell Auger</i>  <i>Tuesdays 7:00 pm to 9:00 pm - Call (780) 424-2870 to Register, *Free personal smudge kits available (pickup details available during Zoom meeting)</i></p> <p><b>Women’s Sobriety Sharing Circle</b>  <i>Online - Zoom with Sissy Thiessen-Kootenayoo , Free personal smudge kits available</i>  <i>Call (780) 424-2870 to Register or Questions? <a href="mailto:Krambow@e4calberta.org">Krambow@e4calberta.org</a>, Check FB Page: E4CWELLNESS for Women’s Sobriety Group</i></p>



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### **EMCN (Edmonton Mennonite Centre for Newcomers)**

#### **Global Choir – Online**

*Thursdays from 12:00 pm to 1:00 pm*

#### **Global Girls – Online**

**(Offered to immigrant women aged 15-20 years of age (high school age))**

*Thursdays from 3:15 pm to 5:30 pm*

*Call Karis Nsofor at [knsofor@emcn.ab.ca](mailto:knsofor@emcn.ab.ca) or (780) 399-0169 for more information!*

#### **Wintergration**

*Make winter work to your advantage – resist the urge to stay indoors, try a new activity instead!*

*Wintergration is a program for newcomers to Edmonton who would like to try out fun, outdoor activities.*

*Saturday, January 30 – sledding, Monday, February 15 – A winter scavenger hunt, and Saturday, March 6 – A winter walk to feed the birds*

*To register please call Angelika at [amatson@emcn.ab.ca](mailto:amatson@emcn.ab.ca) or (780) 399-0484*

#### **Momentum**

##### ***Coping with Anxiety and Depression Online***

*Monday's 6:00 pm to 8:00 pm*

*January 11, 18, 25, February 1, 8, 22, March 1, 8*

##### **Healthy Living with Bipolar**

*Monday's*

*January 11 – 2-hour session – 3:00 pm to 5:00 pm*

*January 18 to February 8 – 1-hour sessions – 3:00 pm to 4:00 pm*

*Call (780) 757-0900 to register or visit [www.momentumcounselling.org](http://www.momentumcounselling.org)*

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### Norwood Child & Family Resource Centre

#### **Parenting in Two Cultures**

*This group is designed for participants who are interested in learning about parenting across cultures. The goal for this program is for parents to gain information on parenting, and raising happy, healthy children without losing the traditions and culture they value. This is done through engaging activities and group discussion.*

**Online (join through Zoom-link will be provided upon registration)**

**Mondays 1:30 pm to 3:30 pm, January 18 to March 15, Join through Zoom**

**Call (780) 471-3737 for more information or to register**

### **OSP (On Site Placement)**

#### **First Aid**

**Forklift Training (dates determined based on eligibility)**

**WHMIS (Workplace Hazardous Materials Information System) – Online Self Paced Learning!**

*To Register Call Tracy at (780) 784-7170*

### Strathcona County Family and Community Services

#### **Newcomer Connector**

*Are you new to Canada and Strathcona County? Do you want to connect with other newcomers and learn how to access supports and resources in your community?*

**New Events and Opportunities Happen Every Month (Online)**

*Registration is required! Register at [www.strathcona.ca/newcomer](http://www.strathcona.ca/newcomer) or you can also call our office at (780) 464-4044*

