



## Spring Semester Programs 2021

Wellness Network Online Drop-in						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Drop-in style.</b> Join the Wellness Network's Peer Navigators over Zoom Thursday afternoons. Zoom link provided on the Website below.	Peer Navigators	Thursday	Every Thursday	Thursdays 12:00 pm to 2:00 pm	2	Free
You can register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a> or by calling (780) 699-3253						

Wellness Network Recovery College Courses						
Description	Facilitators	Day	Date (s)	Time	Hours	Cost
<b>Goal Setting</b> <i>6-week Recovery College Course</i> <b>Limit: 6 participants. In person &amp; online.</b>	Jessica Meilleur & Geri Rasmussen	Tuesday	Every Tuesday, April 13 to May 18	1:00 pm to 3:00 pm	2	Free
<b>Creating Resiliency</b> <i>6-week Recovery College Course</i> <b>Limit: 6 participants. In person &amp; online.</b>	Colin Simpson & Brent Warren	Thursday	Every Thursday, May 6 to June 10	1:00pm to 3:00 pm	2	Free
<b>Cooking Basics 1</b> <i>6-week Recovery College Course</i> <b>Limit: 4 participants. In person only.</b>	Andrew Watt	Wednesday	Every Wednesday, April 7 to May 12	2:00pm to 4:00 pm	2	Free
<b>Cooking Basics 2</b> <i>4-week Recovery College Course</i> <i>An innovative cooking course that builds on everything learned in Cooking Basics 1!</i> <b>Limit: 4 participants. In person only.</b>	Andrew Watt	Wednesday	Every Wednesday, May 26 to June 16	2:00pm to 4:00 pm	2	Free
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>						



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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 & Jessica Pruden	Tuesday	Every Tuesday, April 6 to June 1	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 & Cathy Chapman	Wednesday	Every Wednesday, April 7 to June 2	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 & Lauren Pearson	Thursday	Every Thursday, April 8 to June 3	5:00 pm to 7:00 pm	2	Free
<b>Please call Lauren at (780) 342-7686 or register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a></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	Thursday	Every Thursday, April 15 to June 10	1:30 pm to 2:30 pm	1	Free
<b>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></b>						



## Spring Semester Programs 2021

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, April 21 to June 9	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	Mondays	Every Monday, April 26 to June 21	11:00 am to 1:00 pm	2	\$20.00
<b>Writing for Recovery</b> <i>8-Week Online Recovery College Course</i>	Karen Peterson (Ky Perraun) & Katie Turner	Wednesdays	Every Wednesday, April 28 to June 16	2:00 pm to 4:00 pm	2	Free
<b>Please register on our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a> or by calling (780) 699-3253</b>						

Wellness Network Programs - Check out our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a>
<b>Description</b>
<b>AMSA (Art Mentorship Society of Alberta)</b> <i>Art Programs – Online - Check our website at <a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a> for links for FREE How to Art Videos!</i> <b>Call AMSA at (780) 705-7760 or <a href="mailto:artmentorshipag@gmail.com">artmentorshipag@gmail.com</a></b>
<b>e4c</b> <b>Women’s Sobriety Sharing Circle</b> <i>Online - Zoom with Sissy Thiessen-Kootenayoo , Free personal smudge kits available</i> <b>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</b>



## Spring Semester Programs 2021

**Wellness Network Programs - Check out our website at [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)**

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

#### **Global Choir**

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

*Global Voices Choir is a welcoming place to learn and share songs from around the world.*

#### **Global Girls**

*Online, Thursdays from 6:00pm to 8:00pm*

*A space for immigrant and refugee girls (age 16-22) to learn grow and share.*

#### **Global Gardening**

*Global Garden is running and is a great way to stay connected and engage with others in the community, while practicing safe physical distancing. Please contact Angelika at [amatson@emcn.ab.ca](mailto:amatson@emcn.ab.ca) for more information.*

*For more information about EMCN courses or to register go to <https://emcn.ab.ca/corporate/programs.html> or call 780-424-7709*

### **Momentum**

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

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

*Focuses on teaching skills and techniques that participants can utilize to begin making positive changes in their lives.*

#### **Cantonese Cultural Wellness**

*Online, the 2<sup>nd</sup> Saturday of every month from 1:30pm-3:00pm*

*A meeting place for primary prevention wellness for anyone who speaks Cantonese.*

#### **Emotional Regulation**

*Online, Tuesday's 5:30pm to 7:30pm*

*Topics include: Action for Change, DBT Skills, Thinking Patterns, Impact on Our Relationships, Self-Care and Management*

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

*Each session focuses on effective coping strategies for stability and experience connection as a group.*

*This course is not currently running, see the website below for updates.*

#### **Queer Café**

*This course is currently not running. Check the website below for updates.*

*Call (780) 757-0900 or visit [www.momentumcounselling.org](http://www.momentumcounselling.org) to register for any of the above courses.*



## Spring Semester Programs 2021

### Wellness Network Programs - Check out our website at [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)

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

##### **Forklift Training**

*Dates determined based on eligibility.*

*The contents of this course will cover Federal, Provincial, Labor Standards and CSA Standards. You will learn the actual use of a lift truck.*

##### **WHMIS (Workplace Hazardous Materials Information System)**

*Online Self-Paced Learning!*

*Workplace Hazardous Materials Information System (WHMIS) is a hazard communication system designed to ensure workers using hazardous materials, also known as controlled products, have the necessary information to safely handle, store and dispose of these materials.*

##### **First Aid**

*This course is currently not running. Go to the website below for updates.*

**To register for any of the above courses call Tracy at (780) 784-7170 or visit <http://osp.ab.ca/>**

#### **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 Twice a Month (Online)*

**Register at [www.strathcona.ca/newcomer](http://www.strathcona.ca/newcomer) or call (780) 464-4044**

#### **Community Linking Program**

##### **Clareview Fitness**

*Fridays from 11:00am-12:15pm @ 3804 139 Avenue Edmonton*

*Improve your fitness level, learn about the equipment at the facility, and meet new people.*

**For more information and to register call Lisa at (780)-405-1264 or visit <https://movelearnplay.edmonton.ca/> or call 311**

#### **Norwood Child and Family Resources 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.*

*This course is currently not running, but will resume in the fall.*

**Call (780) 471-3737 or go to <https://www.norwoodcentre.com/> for more information**



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## Spring Semester Programs 2021

### Employabilities

#### Tech Smart

To assist you in becoming tech friendly in the current tech era.

This course is currently not running due to COVID-19. Go to <https://employabilities.ab.ca/> for updates.

### Edmonton Chamber of Voluntary Organizations

#### Volunteer Connections

As a wellness Network partner ECVO is offering one hour support to connect individuals with rewarding volunteer opportunities.

This program is temporarily suspended. Updates to come after National Volunteer week in April.

Go to <https://ecvo.ca/> for updates on this program.

