



Summer Semester Programs 2021

****Programs may change. Please check our website wellnessnetworkedmonton.com for all up to date information.****

| Wellness Network Online Drop-in Every Thursday at 12pm | | | | | | |
|---|---|----------|----------------|-------------------------------|-------|------|
| Description | Facilitator | Day | Date (s) | Time | Hours | Cost |
| Drop-in style. Wellness Activities. Support. Join the Wellness Network's Peer Navigators over Zoom Thursday afternoons. Zoom link provided on the Website below. | Peer Navigators Katie Turner Michelle Black Sherry Stasiuk Natacha Coones | Thursday | Every Thursday | Thursdays 12:00 pm to 2:00 pm | 2 | Free |
| <p>You can register on our website at https://wellnessnetworkedmonton.com/courses/online-wellness-network-drop-in-2021/ or by calling (780) 699-3253</p> | | | | | | |

| Wellness Network Recovery College Courses | | | | | | |
|--|-----------------------------------|-----------|---|---------------------|-------|------|
| Description | Facilitators | Day | Date (s) | Time | Hours | Cost |
| Everyday Confidence <i>6-week Recovery College Course</i> Limit: 6 participants. Online. | Colin Simpson & Bryna Campbell | Tuesday | Every Tuesday, July 6 to August 10 | 1:30 pm to 3:30 pm | 2 | Free |
| Baking Basics <i>4-week Recovery College Course</i> Limit: 4 participants. In person only. | Andrew Watt & Samantha Yasinowski | Friday | July 9, 23, 30, August 6 | 10:00am to 12:00 pm | 2 | Free |
| Creative Sandwiches <i>4-week Recovery College Course</i> Limit: 4 participants. In person only. | Andrew Watt & Monique Cleiren | Wednesday | Every Wednesday, August 11 to September 1 | 2:00pm to 4:00 pm | 2 | Free |
| Leadership Series <i>8-week Recovery College Course</i> Limit: 6 participants. Online. | Colin Simpson & Brent Warren | Thursday | Every Thursday, August 12 to September 30 | 1:30pm to 3:30pm | 2 | Free |
| <p>Please call Fay Swann at (780) 426-7861 or email at fswann@prosperplace.org or register on our website at www.wellnessnetworkedmonton.com/courses/</p> | | | | | | |



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| Description | Facilitator | Day | Date (s) | Time | Hours | Cost |
| Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i> | Rob Pyck & Cathy Chapman | Wednesday | Every Wednesday, July 7 to September 1 | 1:00 pm to 3:00 pm | 2 | Free |
| Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i> | Suzanne Cunningham & Naomi Hales | Thursday | Every Thursday, July 8 to September 2 | 5:00 pm to 7:00 pm | 2 | Free |
| <i>Please call Lauren at (780) 342-7686 or register on our website at www.wellnessnetworkedmonton.com/courses/</i> | | | | | | |
| Description | Facilitator | Day | Date (s) | Time | Hours | Cost |
| Power Through Peers <i>9-week Online Recovery College Course</i> | Nicole Sharpe | | Postponed until Fall. | | 1 | Free |
| <i>Please call Nicole at (780) 289-6219 or email nicole.sharpe@ahs.ca or register on our website at www.wellnessnetworkedmonton.com/courses/ (deadline to register is June 27th)</i> | | | | | | |

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|--|---------------------------------|------------|--|--------------------|-------|---------|
| Description | Facilitators | Day | Date (s) | Time | Hours | Cost |
| Mental Wellness Recovery Group (MWRG) <i>8-week Recovery College Course</i> | Michelle Black & Natacha Coones | Wednesdays | Every Wednesday, July 28 to September 15 | 11:00am to 1:00pm | 2 | Free |
| Do What You Love and Love What You Do!!! (DWYL) <i>8-week Recovery College Course</i> (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) | Michelle Black & Sherry Stasiuk | Mondays | Every Monday, July 19 to September 20 (no class on August 2 & September 6) | 11:00am to 1:00 pm | 2 | \$20.00 |



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|---|---------------------------------------|-----------|---|-------------------|---|------|
| Writing for Recovery <i>8-Week Online Recovery College Course</i> | Karen Peterson & Natacha Coones | Wednesday | Every Wednesday, July 28 to September 15 | 2:00pm to 4:00 pm | 2 | Free |
|---|---------------------------------------|-----------|---|-------------------|---|------|

Please register on our website at www.wellnessnetworkedmonton.com/courses/ or by calling (780) 699-3253

| Wellness During COVID Program | | | | | | |
|---|--------------------------------------|---------|--|--------------------|-------|------|
| Description | Facilitator | Day | Date (s) | Time | Hours | Cost |
| Connecting with the Elements: An Indigenous Approach to Healing and Leading with Courage <i>4-week Online</i> | Natasha Shulman & Vickie | Tuesday | Every Tuesday, September 14 to October 7 | 1:00 pm to 3:00 pm | 2 | Free |
| Coping with Trauma <i>8-week Online</i> | Tessa Lawlor & Jennifer Benson | Friday | Every Friday, September 10 to October 29 | 12:00pm to 2:00pm | 2 | Free |

Please call Katie at (587)-988-9144 or email kturner@e4calberta.org or register on our website at www.wellnessnetworkedmonton.com/courses/

| Wellness Network Partner Programs |
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| <p>EMCN (Edmonton Mennonite Centre for Newcomers)</p> <p>Global Choir <i>This program is currently on pause. Check the website below for updates.</i></p> <p>Global Girls <i>This program is on pause for the summer, but will return in the fall. Check the website below for updates.</i> <i>A space for immigrant and refugee girls (age 16-22) to learn grow and share.</i></p> <p>Global Gardening <i>Online & in person. Contact Karis for more information on dates, times, and locations.</i> <i>Drop-in or register and commit to the full season of gardening and growing together!</i></p> <p>For more information about EMCN courses please contact Karis atknsofor@emcn.ab.ca or 780-399-0169 or to register go to https://wellnessnetworkedmonton.com/courses/?partner=edmonton-mennonite-centre-for-newcomers</p> |



Summer Semester Programs 2021

Momentum Walk-In Counselling

Coping with Anxiety and Depression

Online, Mondays 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, select Saturdays (July 10, August 7, September 11, October 2, November 6, December 4) 1:30pm-3:00pm

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

Emotional Regulation

Online, Tuesdays 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

Online, on select Mondays 3:00pm to 4:00pm

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

Queer Café

Facilitated by Franki Harrogate (they/them), registered provisional psychologist. Dates TBA.

Call (780) 757-0900 or visit <https://wellnessnetworkedmonton.com/courses/?partner=momentum> to register for any of the above courses.

AMSA (Art Mentorship Society of Alberta)

Art Programs Online - Check our website at <https://wellnessnetworkedmonton.com/courses/?partner=amsa> for links for FREE How to Art Videos!

For more information call AMSA at (780) 705-7760 or artmentorshipag@gmail.com

e4c

Women's Sobriety Sharing Circle

Online, Mondays @ 4pm-6pm

With Sissy Thiessen-Kootenayoo , Free personal smudge kits available

A safe online space to gather and share using Indigenous traditions and practices.

Register or Questions? email Krambow@e4calberta.org check FB Page: E4CWELLNESS or go to

<https://wellnessnetworkedmonton.com/courses/womens-sobriety-sharing-circle-2021/>



Summer Semester Programs 2021

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 (780) 784-7170 or visit <https://wellnessnetworkedmonton.com/courses/?partner=on-site-placement>

Strathcona County Family and Community Services

Newcomer Connector

Online, First Wednesday of every month @ 6:30pm-8pm and last Monday of every month @ 1:30pm-3pm

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?

Register at <https://wellnessnetworkedmonton.com/courses/newcomer-connector-2020/> or call (780) 464-4044

Community Linking Program

Clareview Fitness

Fridays from 10:30am-11:45am @ 3804 139 Avenue Edmonton

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

FREE with Leisure Access Pass.

For more information and to register call Lisa at (780)-405-1264 or visit <https://wellnessnetworkedmonton.com/courses/calreview-fitness-2020/>

Fun With Fitness

Starting July 9th, Fridays from 1:30pm-2:30pm @ Commonwealth Rec Centre 11000 Stadium Road Edmonton

Drop-in, instructor led fitness class featuring cardio, strength, and flexibility based exercises.

FREE with Leisure Access Pass.

For more information and to register call Blaine at (780)-863-1184 or visit

<https://wellnessnetworkedmonton.com/courses/?partner=community-linking-program>



Summer Semester Programs 2021

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

For more information call (780) 471-3737 or visit

<https://wellnessnetworkedmonton.com/courses/?partner=norwood-child-family-resource-centre>

Employabilities

Tech Smart

In-person, Tuesdays & Thursdays starting July 6 from 10am-12pm @ #402, 10909 Jasper Avenue

A stepping stone to becoming more tech friendly in the current tech era!

To register call 780-423-4106 or email theresa@employabilities.ab.ca or visit

<https://wellnessnetworkedmonton.com/courses/?partner=employabilities>

Edmonton Chamber of Voluntary Organizations

Volunteer Connections

This course is currently transitioning to an online, self-directed course!

Stay tuned for more details on <https://wellnessnetworkedmonton.com/courses/volunteer-connections-2019/> or contact Emma Wallace at emma@ecvo.ca

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