



Fall 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 https://us02web.zoom.us/j/83694944583?pwd=VzZUbzZkRHRad2ZyMVBvRlFWaW90UT09	Peer Navigators Michelle Black Sherry Stasiuk Natacha Coones Nadine Chalifoux	Thursdays	Every Thursday	Thursdays 12:00 pm to 2:00 pm	2	Free
You can also register on our website at https://wellnessnetworkedmonton.com/courses/online-wellness-network-drop-in-2021/ or by calling (780) 699-3253						
Wellness Network Recovery College Courses						
Description	Facilitators	Day	Date (s)	Time	Hours	Cost
Creating Resiliency <i>6-week Recovery College Course</i> Limit: 8 participants. In person at 10455 - 172 Street Edmonton	Colin Simpson & Jason Moors	Thursdays	Every Thursday, October 14 to November 25	1:30 pm to 3:30 pm	2	Free
Creative Sandwiches <i>4-week Recovery College Course</i> Limit: 4 participants. In person at 10455 - 172 Street Edmonton	Andrew Watt & Monique Cleiren	Wednesday	Every Wednesday, October 6 to October 27	2:00 pm to 4:00 pm	2	Free
Leadership Series <i>8-week Recovery College Course</i> Limit: 8 participants. In person at 10455 - 172 Street Edmonton	Colin Simpson & Geri Rasmussen	Tuesday	Every Tuesday, October 26 to December 14	1:30 pm to 3:30 pm	2	Free
Please call Fay Swann at (780) 426-7861 or email at fswann@prosperplace.org or register on our website at www.wellnessnetworkedmonton.com/courses/						



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Wellness Network Recovery College Courses						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Naomi Hales & Cathy Chapman	Tuesday	Every Tuesday, October 5 to November 30	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Lauren Pearson & Rob Pyck	Wednesday	Every Wednesday, October 6 to December 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 & Michelle Black	Thursday	Every Thursday, October 7 to December 9	5:00 pm to 7:00 pm	2	Free
Please call Lauren at (780) 342-7686 or register on our website at www.wellnessnetworkedmonton.com/courses/						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Power Through Peers <i>9-week Online Recovery College Course</i>	Nicole Sharpe	Tuesdays	Every Tuesday, October 12 to December 7	1:30 pm to 2:30 pm	1	Free
Please call Nicole at (780) 289-6219 or email nicole.sharpe@ahs.ca or register on our website at www.wellnessnetworkedmonton.com/courses/						



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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 & Nadine Chalifoux	Wednesdays	Every Wednesday, October 27 to December 15	10:00 am to 12:00 pm	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, October 25 to December 13	11:00 am to 1:00 pm	2	\$20.00
Writing for Recovery <i>8-Week Online Recovery College Course</i>	Karen Peterson & Natacha Coones	Tuesday	Every Tuesday, October 26 to December 14	11:00 am to 1:00 pm	2	Free

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

Wellness During COVID Programs						
Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Gifts of Imperfection <i>8-week Online</i>	Kimberly Knull & Tessa Lawlor	Wednesday	Every Wednesday, October 13 to December 1	1:00 pm to 3:00 pm	2	Free
Connecting with the Elements: An Indigenous Approach to Healing and Leading with Courage <i>4-week Online</i>	Natasha Shulman & Vickie Oldman John	Thursdays	Every Thursday, October 21 to November 11	2:00 pm to 4:00 pm	2	Free
Digital Storytelling During COVID <i>6-week Online</i>	Karen Matthews & Judy Sillito	Friday	Every Friday, November 5 to December 10	1:00 pm to 2:30 pm	2.5	Free

Please register on our website at www.wellnessnetworkedmonton.com/courses/ or by calling Natacha (587)-988-9144



Fall Semester Programs 2021

Wellness Network Partner Programs

EMCN (Edmonton Mennonite Centre for Newcomers)

Global Choir

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

A welcome place to learn and share songs from around the world!

Global Girls

Online, Thursdays (starting October 14) from 6:00 pm to 8:00 pm

A program for immigrant and refugee girls (age 15-21) to learn grow and share.

Global Garden

Online & in person. Contact Karis for more information on dates, times, and locations.

Register and commit to the full season of gardening and growing together!

For more information about EMCN courses please contact Karis knsofor@emcn.ab.ca or 780-399-0169 or to register go to

<https://wellnessnetworkedmonton.com/courses/?partner=edmonton-mennonite-centre-for-newcomers>

Momentum Walk-In Counselling

Coping with Anxiety and Depression

Online, Mondays 6:00 pm to 8:00 pm (September 13 to November 8)

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

Coping with Anxiety and Depression 2021 – Saturday Workshop

Online, Saturday, September 18 and 25 10:00 am to 4:00 pm

Coping with Anxiety and Depression 2021 - Wednesdays

Online, Wednesdays 5:30 pm to 7:30 pm (October 27 to December 1)

Cantonese Cultural Wellness

Online, select Saturdays (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 vary from week to week



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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.

Providing a safe space to support those that have been diagnosed with Bipolar, identifying living with bipolar and support people of loved ones living with Bipolar.

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)

Acrylic Class

Online, Tuesdays 10:00am to 12:00pm (September 7 to October 12)

**Check <https://wellnessnetworkedmonton.com/courses/amsa-art-programs-2020-4/> for supply list. Contact AMSA if you require support in obtaining the required art supplies.

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

Prosper Place

When: Mondays 1:30 pm to 3:30 pm starting November 8th for 4 sessions

Bakery Basics

Where: Prosper Place at 10455 - 172 Street, Edmonton

Learn beginners baking skills in this fun and supportive class.

Contact: Fay Swann (780) 426-7861 email: fswann@prosperplace.org

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/>



Fall 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.

Employment Wellness Training Courses

Online, Tuesdays 10:00am to 12:00pm (September 7th to September 28th and October 5th to 26th)

Topics include: Conflict Resolution, Stereotypes & Discrimination, Identity Power Privilege, and Communication, etc.

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

October 2nd – save the date - 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

Commonwealth Swim

Tuesdays 12:00pm to 1:15pm @ Commonwealth Stadium Rec Centre (11000 Stadium Road Edmonton)

Meet new people while experiencing the benefits of swimming!

For more information and to register call Lisa at (780)-405-1264



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KJ Bowl

Wednesdays 1:00pm to 2:00pm @ KJ Bowling Alley (12143 - 54 Street, Edmonton)

Meet new people, socialize, and enjoy a game of bowling!

For more info and to register call Dana at (780) 424-6733 or visit <https://wellnessnetworkedmonton.com/courses/calreview-fitness-2020/>

Employabilities

Tech Smart

In-person, Dates TBD

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 being offered as an online, self-directed course!

For more information and to register visit <https://wellnessnetworkedmonton.com/courses/volunteer-connections-2019/> or contact Emma Wallace at emma@ecvo.ca

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