

Winter Semester Programs 2022

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

Wellness Network Online Drop-in - Every Thursday at 1:30 pm to 3:30 pm						
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=VzZUbzZkRHRad2ZyMVVvRlRlVW90UT09	Peer Navigators Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursdays	Every Thursday	Thursdays 1:30 pm to 3:30 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
Cooking Basics 1 <i>6-week Recovery College Course</i> Limit: 4 participants. In person at 10455 - 172 Street Edmonton	Andrew Watt & Jason Moors	Fridays	Every Friday, January 7 to February 18	10:00 am to 12:00 pm	2	Free
Goal Setting <i>6-week Recovery College Course</i> Limit: 8 participants. In person at 10455 - 172 Street Edmonton	Jessica Meilleur & Bryna Campbell	Wednesdays	Every Wednesday, January 26 to March 2	10:00 am to 12:00 pm	2	Free
Everyday Confidence <i>6-week Recovery College Course</i> Limit: 8 participants. In person at 10455 - 172 Street Edmonton	Colin Simpson & Geri Rasmussen	Thursdays	Every Thursday, January 27 to March 3	10:00 am to 12:00 pm	2	Free
Cooking Basics 2 <i>6-week Recovery College Course</i> Limit: 4 participants. In person at 10455 - 172 Street Edmonton	Andrew Watt & Sam Yasinowski	Wednesdays	Every Wednesday, February 23 to March 30	1:00 pm to 3:00 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 & Alexander Dumitru	Tuesday	Every Tuesday, January 4 to March 1	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Rob Pyck & Altaf (Al) Goa	Wednesday	Every Wednesday, January 5 to March 2	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Michelle Black & DebraLee Kuilboer	Thursday	Every Thursday, January 13 to March 10	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>	AHS Peer Support Worker	TBD	TBD	TBD	1	Free
This group will commence Spring 2022 – Stay Tuned						
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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Wellness Network Recovery College Courses						
Description	Facilitators	Day	Date (s)	Time	Hours	Cost
Mental Wellness Recovery Group (MWRG) <i>8-week Recovery College Course</i> Next offering Spring Semester 2022 (Register with Michelle Black (587) 991-0057 or email mblack@e4calberta.org)	Michelle Black	TBD	TBD	N/A	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 & Nadine Chalifoux	Mondays	Every Monday, January 31 to March 28	10:30 am to 12:30 pm	2	\$20.00
Speak for Yourself (SFY) <i>8-week Recovery College Course</i> (this online course will help you gain the knowledge and skills to navigate the social economic system to benefit yourself)	Nadine Chalifoux & Sherry Stasiuk	Mondays	Every Monday, February 7 to April 4	1:30 pm to 3:30 pm	2	Free
Writing for Recovery <i>8-Week Online Recovery College Course</i>	Michelle Black & Rob Pyck	Tuesday	Every Tuesday, February 1 to March 22	10:30 am to 12:30 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
Daring Greatly <i>8-week Online</i>	Kimberly Knull	Friday	Every Friday, January 21 to March 11	1:00 pm to 3:00 pm	2	Free
Emotion Regulation <i>8-week Online</i>	Kimberly Giddings & Jennifer MacKinnon	Wednesdays	Every Wednesday, January 26 to March 16	5:30 pm to 7:30 pm	2	Free
Please register on our website at www.wellnessnetworkedmonton.com/courses/ or by calling (780) 699-3253						

Wellness Network Partner Programs

EMCN (Edmonton Mennonite Centre for Newcomers)

Global Girls

Online, Thursdays 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 at Edmonton Urban Farm, 11312 – 79 Street, NW Edmonton. Contact us 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 Candice Joy cjoliva@emcn.ab.ca 780-399-0484 or to register go to <https://wellnessnetworkedmonton.com/courses/?partner=edmonton-mennonite-centre-for-newcomers>

Momentum Walk-In Counselling

Coping with Anxiety and Depression-Wednesdays

Online, Wednesdays 1:00 pm to 3:00 pm (January 12 to February 16)

These support groups are intended for those coping with Anxiety and Depression to understand the signs and symptoms, develop self-care and establish healthy boundaries. Participants can start utilizing these coping strategies to make positive changes in their lives.

Virtual Emotional Regulation

Online, Tuesdays 1:00 pm to 3:00 pm and 6:00 pm to 8:00 pm (January 11 to February 15)

Please Note That They Are Running Two Sessions That Are The Same, Just Different Times Offered

Topics vary from week to week (these meetings are weekly, ongoing, drop-in and confidential)

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 10:00 am to 12:00 pm

****Check <https://wellnessnetworkedmonton.com/courses/amsa-art-programs-2022-4/> 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 artmentorshipab@gmail.com

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?

Register at <https://wellnessnetworkedmonton.com/courses/?partner=strathcona-county-family-and-community-services> or call (780) 464-4044

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.

Employment Wellness Training Courses

Online, Tuesdays 10:00 am to 12:00 pm

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>

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

(City of Edmonton Rec Centres require QR Codes and Government ID)

Clareview Fitness

Fridays from 10:30 am to 11:45 am at 3804 - 139 Avenue, Edmonton

Improve your fitness level, learn about the equipment at the facility, and meet new people. Masks are required to be work at all times, except when exercising, but please wear one at all times if you feel more comfortable.

FREE with Leisure Access Pass.

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

Clairview Swim

Tuesdays 2:00 pm to 3:15 pm at Clairview Community Recreation Centre (3804 – 139 Avenue)

Meet new people while experiencing the benefits of swimming!

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

Fun With Fitness

Fridays from 1:30 pm to 2:30 pm at Commonwealth Stadium Rec Centre (11000 Stadium Road, Edmonton)

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

Plaza Bowl

Wednesdays 1:30 pm to 2:30 pm at Plaza Bowl (10418 – 118 Avenue, Edmonton)

Cost: \$6.00 (includes bowling and shoe rental- bring socks)

Participants must wear a mask and physical distance from others while at program (no elevator available)

For more info and to register call Dylan at (780) 918-5651

Terwillegar Fitness

Wednesdays 12:30 pm to 2:00 pm at Terwillegar Community Recreation Centre (2051 Leger Road, NW, Edmonton)

Masks are required to be worn at all times, except when exercising, but please wear one at all times if you feel more comfortable.

For more information and to register contact Vanya at (780) 918-5308

Prosper Place Yoga

Thursdays 1:30 pm to 2:30 Pm

Prosper Place at 10455 – 172 Street, Edmonton

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

Employabilities

Tech Smart

Online – call or email to register (Dates Tuesdays and Fridays) (January 4, 7, 11, 14, 18, 21, 25, 28 and so on)

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 contact Emma Wallace at emma@ecvo.ca or visit

<https://wellnessnetworkedmonton.com/courses/?partner=edmonton-chamber-of-voluntary-organizations>

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Edmonton Chamber
of Voluntary Organizations



On Site Placement



Alberta Health
Services