



wellness
NETWORK

Recovery College

Spring Semester 2022

Wellness Network Peer Support Services and Programs						
Description	Peer Navigators	Day	Date (s)	Time	Hours	Cost
<p>One-on-One peer support sessions with a Peer Navigator Anyone can schedule an individual appointment with a Peer Navigator! Peer Navigators can help with information about Wellness Network Recovery College programs and other mental health services and supports in the Edmonton area. Click on the link below and be connected with a Peer Navigator https://wellnessnetworkedmonton.com/peer-navigators-2/ Or Call: 780 699 3253</p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Weekdays		Flexible times and days available for individual sessions	1	FREE
<p>Wellness Network Online Drop-In *Wellness Activities *Peer Support *Information about local resources Join the Wellness Network's Peer Navigators Online Thursday afternoons. Zoom link: https://us02web.zoom.us/j/83694944583?pwd=VzZUbzZkRHRad2ZyMVBvRlFWaW90UT09</p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	Every Thursday	1:30pm to 3:30pm	2	FREE
<p>Peer Support Circle Peer Led support group for Peer Workers Call Michelle at (587) 991-0057 to register https://wellnessnetworkedmonton.com/courses/1034/</p>	Michelle Black	Wednesday	2 nd Wednesday of every month	7:00 pm to 9:00 pm	2	FREE
<p>You can also register on our website at https://wellnessnetworkedmonton.com/courses/online-wellness-network-drop-in-2022/ or by calling (780) 699-3253</p>						

Contact **Phone:** (780) 699-3253 or **Email:** wellnessnetwork@e4calberta.org

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Wellness Network Recovery College Courses						
Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Naomi Hales Katherine Mihailedes	Tuesday	Every Tuesday, April 5 to May 31	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Rob Pyck Vanessa Reinelt	Wednesday	Every Wednesday, April 6 to June 1	12:00 pm to 2:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Suzanne Cunningham Debralee Schroeder	Thursday	Every Thursday, April 7 to June 2	5:00 pm to 7:00 pm	2	Free
Please call Lauren or Jessica at (780) 342-7686 or register on our website at www.wellnessnetworkedmonton.com/courses/						
Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Power Through Peers <i>9-week Online Recovery College Course</i> This group may commence Summer 2022 ... Stay Tuned	AHS Peer Support Worker	TBD	TBD	TBD	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/						
Course Description	Facilitators	Day	Date (s)	Time	Hours	Cost
Mental Wellness Recovery Group (MWRG) <i>8-week Recovery College Course</i>	Michelle Black Sherry Stasiuk	Monday	Every Monday, April 25 to June 20 (no class on May 23)	10:30 am to 12:30 pm	2	Free
Writing for Recovery <i>8-Week Online Recovery College Course</i>	Karen Peterson Michelle Black	Tuesday	Every Tuesday, April 26 to June 28 (no class on May 31 and June 21)	10:30 am to 12:30 pm	2	Free
Do What You Love and Love What You Do!!! (DWYL) <i>8-week Recovery College Course</i>	Michelle Black Nadine Chalifoux	Wednesday	Every Wednesday, April 27 to June 15	10:30 am to 12:30 pm	2	\$20.00

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(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)

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 Northlands Urban Farm, 11312 – 79 Street ,NW Edmonton. The garden committee meetings are being held virtually.

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

Offered Online

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

Offered Online

Healthy Living with Bipolar

Offered Online

For current group times and to register contact (780) 757-0900 or visit <https://momentumcounselling.org/groups/>

Contact Phone: (780) 699-3253 or Email: wellnessnetwork@e4calberta.org

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AMSA (Art Mentorship Society of Alberta)

Acrylic Class

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

Drawing Class

In person @ the Nina – Fridays 1:00 pm to 4:00 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 Jeff at (780) 784-7163 or jhowlett@osp.ab.ca or

visit <https://wellnessnetworkedmonton.com/courses/?partner=on-site-placement>

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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 worn 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 12:00 pm to 1:00 pm at Commonwealth Stadium Rec Centre (11000 Stadium Road, Edmonton)

For more information and to register call Emma (780) 221-0880

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

Employabilities

Tech Smart

Online – call or email to register (Dates Tuesdays and Fridays) (April 1, 5, 8, 12, 15, 19, 22, 26 and 29)

A stepping stone to becoming more tech friendly!

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

visit <https://wellnessnetworkedmonton.com/courses/tech-smart-2022/>

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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>



Edmonton Chamber
of Voluntary Organizations



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