



wellness **Summer 2022**

NETWORK

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 Wellness Network Peer Navigator Anyone can schedule an individual appointment with a Peer Navigator! Peer Navigators can listen and help with information about Wellness Network 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	Monday - Friday	Flexible times and days available for individual sessions	1hr per session	FREE
<p>Wellness Network Online Drop-In *Wellness Activities *Peer Support from experienced Peer Workers *Information about local resources Join the Wellness Network's Peer Navigators Online Thursday afternoons 1:30pm- 3-30pm Zoom link: https://us02web.zoom.us/j/83694944583?pwd=VzZUbzZkRHRad2ZyMVBvRlFWaW90UT09</p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	Every Thursday	1:30 pm to 3:30 pm	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	2nd 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>	Rob Pyck and Alexander Dumitru	Tuesday	Every Tuesday, July 5 to August 30	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) <i>9-week Online Recovery College Course</i>	Katherine Mihailedes and Haili Martz	Thursday	Every Thursday, July 7 to September 1	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/						
Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Power Through Peers <i>9-week Online Recovery College Course</i> This group may commence Fall 2022 ... Stay Tuned <i>Please call Nicole at (780) 289-6219 or email nicole.sharpe@ahs.ca or register on our website at www.wellnessnetworkedmonton.com/courses/</i>	AHS Peer Support Worker	TBD	TBD	TBD	1	Free
Mental Wellness Recovery Group (MWRG) <i>8-week Online Recovery College Course</i>	Michelle Black Rob Pyck	Monday	Every Monday, July 18 to September 12 (no class August 1)	10:30 am to 12:30 pm	2	Free
Writing for Recovery <i>8-Week Online Recovery College Course</i>	Karen Peterson Rob Pyck	Wednesday	Every Wednesday, July 20 to September 7	10:30 am to 12:30 pm	2	Free
Speak for Yourself (SFY) <i>8-week Recovery College Course</i> This course will help you to learn self-advocacy and to navigating the social benefits system – help access the supports and services you need – improve quality of life) EPL Stanley A. Milner Library (Downtown) Civic Employees Fund Room 3 7 Sir Winston Churchill Square, Edmonton	Nadine Chalifoux and Michelle Black	Wednesday	Every Wednesday, July 20 to September 14 (no class on August 31)	10:30 am to 12:30 pm	2	Free

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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) In-person in the Fall 2022 at Prosper Place	Michelle Black and Sherry Stasiuk	TBD	TBD	TBD	2	\$20.00
Everyday Confidence 6-week Recovery College Course In-person at Prosper Place Contact: 780 414 6300 to register	TBA	Tuesday	Every Tuesday July 12 th – August 16 th	2:00pm - 4:00pm	2	FREE
Goal Setting 6-week Recovery College Course In-person at Prosper Place Contact: 780 414 6300 to register	TBA	Thursday	Every Thursday July 14 th – August 18 th	2:00pm – 4:00pm	2	FREE
Cooking Basics 1 6-week Recovery College Course In-person at Prosper Place Contact: 780 414 6300 to register	TBA	Friday	Every Friday July 22 nd – August 26 th	10:00am – 12:00pm	2	FREE

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

Wellness Programs

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

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

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Wellness 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 - Virtual drop-In

Emotion Regulation - Virtual drop-in Series

Women's Wellness Group - Virtual group

Register @ <https://momentumcounselling.org/groups/> or call 780-757-0900

Tech Smart Workshops – A Stepping Stone to Becoming Tech Friendly!

Offered in-person – Tuesday and Fridays (Goal: to assist you in becoming tech friendly in the current tech era)

July Sessions scheduled for July 1st, 5th, 8th, 12th, 15th, 19th, 22nd, 26th, and 29th, 2022

August Sessions scheduled August 2nd, 5th, 9th, 12th, 16th, 19th, 23rd, 26th, and 30th, 2022

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

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

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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.

First Aid (in-person)

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>

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>

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

Clareview Fitness

Fridays from 10:30 am to 11:45 am at Clareview Fitness Fridays (3804 - 139 Avenue)

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

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

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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)

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 1:30 pm to 2:45 pm at Terwillegar Community Recreation Centre (2051 Leger Road, NW)

Masks are required to be work 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 Bridget at (780) 918-5308



Edmonton Chamber
of Voluntary Organizations



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