



**Wellness Network Peer Support Services and Programs**

Description	Peer Navigators	Day	Date (s)	Time	Hours	Cost
<p><b>One-on-One peer support sessions with a Wellness Network Peer Navigator</b>            Anyone can schedule an individual appointment with a Peer Navigator! This is a <b>FREE</b> service.            Peer Navigators can listen and support you. Peer Navigators can help with information about programs and other mental health services and supports in the Edmonton area.  <b>Click on the link below and be connected with a Peer Navigator</b> <a href="https://wellnessnetworkedmonton.com/peer-navigators-2/">https://wellnessnetworkedmonton.com/peer-navigators-2/</a>  <b>or Call: (780) 699-3253</b></p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Weekdays	Monday - Friday	Flexible times and days available for individual sessions	1hr per session	<b>FREE</b>
<p><b>Wellness Network Online Drop-In</b>            *Mental health wellness activities            *Peer Support from experienced Peer Workers            *Information about local supports and services            Join the Wellness Network's Peer Navigators  <b>Online Thursday afternoons 1:30 pm- 3:30 pm</b>  <b>Zoom link:</b>  <a href="https://us02web.zoom.us/j/83694944583?pwd=VzZUdzZkRHhRad2ZyMVBvRiF0aW90UT09">https://us02web.zoom.us/j/83694944583?pwd=VzZUdzZkRHhRad2ZyMVBvRiF0aW90UT09</a></p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	<b>Every Thursday</b> <b>Until Oct 27, 2022</b> then it will switch to in-person at the Stanley Milner Library starting <b>November 3<sup>rd</sup></b> (see new group below)	1:30 pm to 3:30 pm	2hours	<b>FREE</b>
<p><b>NEW In-Person Peer facilitated Mental Wellness Drop-In; Stanley Milner Library, South Entrance Foyer, Downtown Edmonton</b>            *Mental health wellness activities            *Peer Support and service navigation            *Information sharing about local programs and services            Stanley A. Milner Library Downtown            South Entrance Foyer            7 Sir Winston Churchill Square, Edmonton</p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	Every Thursday <b>Starting Nov 3<sup>rd</sup></b>	1:00 pm to 3:00 pm	2hours	<b>FREE</b>

**You can also register on our website at <https://wellnessnetworkedmonton.com/courses/online-wellness-network-drop-in-2022/> or by calling (780) 699-3253**

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

**\*Programs may change. Please check our website [wellnessnetworkedmonton.com](https://wellnessnetworkedmonton.com) for up to date information**



**Wellness Network Peer Support Groups**

Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Online Peer Support Circle</b> <b>Peer Led Support Group for Peer Workers</b> Contact Michelle Black for Zoom link at (587) 991-0057 to register or email at <a href="mailto:mblack@e4calberta.org">mblack@e4calberta.org</a>	Michelle Black	Wednesday	2 <sup>nd</sup> Wednesday of every month	7:00 pm to 9:00 pm	2	FREE
<b>In-person Suicide Attempt Survivor Support YEG (SASSY)</b> <b>Peer Led Support Group for Suicide Attempt Survivors</b> A safe, confidential, non-judgemental space to meet others (18+) who share similar experiences, to learn from each other and to build a support network. Find understanding, hope and support from others in this free peer-facilitated group! Please call Nicole at (780) 289-6219 or email <a href="mailto:Nicole.sharpe@ahs.ca">Nicole.sharpe@ahs.ca</a> Location: Paul Kane House, 10220 – 121 Street, Edmonton	Nicole Sharpe Salvi Cammarata	Wednesday	1 <sup>st</sup> Wednesday of every month starting November 2 <sup>nd</sup>	6:30 pm to 8:00 pm	1 ½	FREE

**Wellness Network Recovery College Courses**

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Wellness Recovery Action Plan (WRAP)</b> 9-week Online Recovery College Course	Dylan Jensen Vanessa Reinelt	Tuesday	Every Tuesday, Oct 4 to Nov 29	1:00 pm to 3:00 pm	2hrs	Free
<b>Wellness Recovery Action Plan (WRAP)</b> 9-week Online Recovery College Course	Rob Pyck Nicole Sharpe	Wednesday	Every Wednesday, Oct 5 to Nov 30	1:00 pm to 3:00 pm	2hrs	Free
<b>Wellness Recovery Action Plan (WRAP)</b> 9-week Online Recovery College Course	Michelle Black Haili Martz	Thursday	Every Thursday, Oct 6 to Dec 1	5:00 pm to 7:00 pm	2hrs	Free

Please call Lauren at (780) 342-7686 or register on our website at [www.wellnessnetworkedmonton.com/courses/](http://www.wellnessnetworkedmonton.com/courses/)

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

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Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Do What You Love and Love What You Do!!! (DWYL)</b> <i>8-week Recovery College Course</i> (the facilitator will make arrangements to get the workbook and supplies to you if you are taking it online. For those that will be in-person, you will get your workbook and supplies in class) <b>In-person and offered online via zoom</b> <b>Prosper Place, Studio, 10455 – 172 Street</b>	Michelle Black Nicole Sharpe	Monday	Every Monday Oct 17 to Dec 12 (no class on Oct 31)	10:00 am to 12:00 pm	2hrs	FREE
<b>Writing for Recovery</b> <i>8-Week Online Recovery College Course</i>	Karen Peterson Rob Pyck	Tuesdays	Every Tuesday, Oct 18 to Dec 6	1:00 pm to 3:00 pm	2	Free
<b>Speak for Yourself (SFY)</b> <b>Professional Development for frontline staff</b> <i>8-week online Course</i> This course will outline skills and tools to support participants in self-advocacy and navigate the social benefits system – help participants to access the supports and services they need – improving life outcomes.	Nadine Chalifoux Michelle Black	Wednesday	Every Wednesday, Oct 19 to Dec 7	10:00 am to 12:00 pm	2	Free
<b>Mental Wellness Recovery Group (MWRG)</b> <i>8-week Online Recovery College Course</i> <b>Running in the Winter 2022-2023</b>	Michelle Black	TBD	TBD	TBD	2	Free
<b>Power Through Peers</b> <i>9-week Online Recovery College Course</i> This group may commence in Winter 2022 ... Stay Tuned Please call Nicole at (780) 289-6219 or email nicole.sharpe@ahs.ca or register on our website at <a href="http://www.wellnessnetworkedmonton.com/courses/">www.wellnessnetworkedmonton.com/courses/</a>	AHS Peer Support Worker	TBD	TBD	TBD	1	Free
<b>Please register on our website at <a href="http://www.wellnessnetworkedmonton.com/courses/">www.wellnessnetworkedmonton.com/courses/</a> or by calling (780) 699-3253</b>						
<b>Goal Setting (6-week Recovery College Course)</b> <b>In-person, limit 8 students at Prosper Place</b>	TBD	Tuesday	Every Tuesday Oct 4 to Nov 8	2:00 pm – 4:00 pm	2	FREE
<b>Leadership Series (8-week Recovery College Course)</b> <b>In-person, limit 8 students at Prosper Place</b>	TBD	Tuesday	Every Thursday Oct 6 to Nov 24	2:00 pm - 4:00 pm	2	FREE
<b>Creative Sandwiches (4-week Recovery College Course)</b> <b>In-person, limit 4 students at Prosper Place</b>	TBD	Friday	Every Friday Nov 18 to Dec 9	10:00 am – 12:00 pm	2	FREE
<b>To register go online to <a href="http://www.recoverycollegeedmonton.ca">www.recoverycollegeedmonton.ca</a> or Contact: Nermine Dorcas at (780) 414-6312</b>						

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

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## Wellness Programs

### AMSA (Art Mentorship Society of Alberta)

#### Acrylic Class

Online, Thursdays 10:00 am to 12:00 pm – Click on this link to register <https://forms.gle/LuYBzQpSft5ejaWH6>

#### Drawing Class

In person @ the Nina – Fridays 1:00 pm to 4:00 pm – Click on this link to register <https://forms.gle/tVEsJq3jRqV1NuiZ7>

**\*\*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) 909-7760 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)**

### 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](mailto: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

**Anxiety & Depression Series** – Wednesday Afternoons – Sept 7 to Oct 12 – 2:00 pm to 4:00 pm

**Anxiety & Depression Series** – Monday Evenings – Nov 7 to Dec 19 – 6:30 pm to 8:30 pm

**Grief & Loss** – TBD

**Anchor Men's Group** – Thurs Evenings – 6:30 pm to 8:30 pm

**Women's Wellness Group** – Tuesday Afternoons – Aug 9 to Dec 27 (Biweekly) – 1:00 pm to 3:00 pm

**Emotion Regulation Series** – Wednesday Evenings – Sept 7 to Oct 12 – 5:00 pm to 7:00 pm

**Anxiety & Depression Workshop** – Saturday, October 15 – 10:00 am to 3:00 pm

**Healthy Living with Bipolar** – Thursday Afternoons – Oct 6 to Nov 17 – 3:00 pm to 4:30 pm

**Support & Recovery for First Responders** – Tuesday Evenings, Sept 13 to Oct 18, 2022 – 6:00 pm to 8:00 pm

**Support & Recovery for First Responders** – Wednesday Afternoons – Oct 19 to Nov 23 – 2:00 pm – 4:00 pm

Register @ [www.momentumcounselling.org](http://www.momentumcounselling.org) or call 780-757-0900

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

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Fall 2022

**Employabilities - #402, 10909 Jasper Avenue, Edmonton**

**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)**

September Sessions scheduled for September 6<sup>th</sup>, 9<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 27<sup>th</sup>, and 30<sup>th</sup>, 2022

October Sessions scheduled October 4<sup>th</sup>, 7<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup>, 21<sup>th</sup>, 25<sup>th</sup>, and 28<sup>th</sup>, 2022

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

**OSP (On Site Placement) - #200, 10025 – 106 Street, Edmonton**

**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](mailto: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](mailto: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

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

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**Community Linking Programs**

**Clareview Fitness**

Fridays from 10:30 am to 11:45 am at Clareview Community Recreation Centre (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**

**Fun With Fitness**

Fridays from 12:00 pm to 1:00 pm, Cost: Free, please let the front desk know you're there for Fun with Fitness

Location: Commonwealth Community Recreation Centre (11000 Stadium Road \*Program is now located in the downstairs gymnasium)

Description: Get fit while having fun and meeting others. Join us for a drop-in, instructor led fitness class featuring cardio, strength, and flexibility based exercises. Every week is something different. It's a great way for participants to have exposure to the Rec centre, group fitness and to get their bodies moving!

- Try to distance at least 2 meters apart as much as possible
- Please be dressed and ready to exercise when you arrive, and bring appropriate, clean indoor footwear.
- Please bring a water bottle

**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 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 Bridget at (780) 918-5308**

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

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Fall 2022



Edmonton Chamber  
of Voluntary Organizations



Canadian Mental  
Health Association  
Edmonton  
*Mental health for all*



Alberta Health  
Services

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