



# wellness **Winter 2022-2023**

## NETWORK

### Wellness Network Peer Support Services and Programs

Description	Peer Navigators	Day	Date (s)	Time	Hours	Cost
<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>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Weekdays	Monday - Friday	Flexible times and days available for individual sessions (online, phone or in person)	1hr per session	<b>FREE</b>
<b>In-Person Peer Led 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	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	Every Thursday (no drop-in on Dec 22 and 29 – back Jan 5)	1:00 pm to 3:00 pm	2hours	<b>FREE</b>

*You can also register on our website at [www.wellnessnetworkedmonton.com/courses/](https://www.wellnessnetworkedmonton.com/courses/) or by calling (780) 699-3253*

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

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### 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> <b>Contact Michelle Black</b> <b>at (587) 991-0057 to register or email at</b> <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> <i>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.</i> <i>Find understanding, hope and support from others in this free peer-facilitated group!</i> <b>Please call Nicole at (780) 289-6219 or email</b> <a href="mailto:Nicole.sharpe@ahs.ca">Nicole.sharpe@ahs.ca</a> <b>Location: Paul Kane House, 10220 – 121 Street, Edmonton</b>	Nicole Sharpe Salvi Cammarata	Wednesday	1 <sup>st</sup> Wednesday of every month starting December 7 <sup>th</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> <b>9-week In-person Recovery College Course</b> Edmonton Community Health Hub North 13211 Fort Road, Edmonton, Alberta	Dylan Jensen Jessica Pruden	Tuesday	Every Tuesday, Jan 10 to Mar 7	1:00 pm to 3:00 pm	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <b>9-week Online Recovery College Course</b>	Debralee Schroeder and Lauren Pearson	Wednesday	Every Wednesday, Jan 11 to Mar 8	5:00 pm to 7:00 pm	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <b>9-week Online Recovery College Course</b>	Rob Pyck Naomi Hales	Thursday	Every Thursday, Jan 12 to Mar 9	1:00 pm to 3:00 pm	2	Free
<b>Please call Lauren at (780) 616-9389 or register on our website at <a href="http://www.wellnessnetworkedmonton.com/courses/">www.wellnessnetworkedmonton.com/courses/</a></b>						

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>Writing for Recovery</b> <b>8-Week In-person Recovery College Course</b> Stanley A. Milner Library Downtown (Civic Employees Room 3 past the large interactive screen) - 7 Sir Winston Churchill Square, Edmonton	Leif Gregersen & Nadine Chalifoux	Fridays	Dec 9, 16, Jan 13, 20, 27, Feb 3, 10, 17	10:00 am to 12:00 pm	2	Free
<b>Mental Wellness Recovery Group (MWRG)</b> <b>8-week Online Recovery College Course</b>	Michelle Black & Sherry Stasiuk	Wednesdays	Jan 25 to Mar 29 No Class on Mar 1 & 8	1:00 pm to 3:00 pm	2	Free
<b>Writing for Recovery</b> <b>10-Week Online Recovery College Course</b>	Karen Peterson & Rob Pyck	Tuesdays	Every Tuesday, Feb 7 to April 11	1:00 pm to 3:00 pm	2	Free
<b>Suicide Attempt Survivor (SAS) Course</b> <b>8-Week In-person Recovery College Course</b> Edmonton Primary Care Network, Rundle Health Centre 3427 – 118 Avenue, Edmonton	Nadine Chalifoux and Erin Alexander	Mondays	Feb 6, 13, 27, Mar 6, 13, 20, 27, Apr 3	5:30 pm to 7:30 pm	2	Free
<b>Art Around the House offered at the In-Person</b> <b>8-Week in Person recovery college Course</b> <b>Explore many art mediums and styles</b> Stanley A. Milner Library Downtown South Entrance Foyer 7 Sir Winston Churchill Square, Edmonton	Dani Zyp Michelle Black Nadine Chalifoux	Thursday	Feb 9, 23, Mar 9, 23, Apr 6, 20, May 4, 18	1:00 pm to 3:00 pm	2	FREE
<b>Speak for Yourself (SFY); Support Self Advocacy</b> <b>Professional Development for frontline staff</b> <b>8-week online Course - Running in the Spring of 2023</b> This course will outline skills and tools to support participants in self-advocacy and to navigate the social benefits system – help participants to access the supports and services they need – improving life outcomes.	Nadine Chalifoux	TBD	TBD	TBD	2	Free
<b>Do What You Love and Love What You Do!!! (DWYL)</b> <b>8-week Recovery College Course</b> (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>Running in the Spring of 2023, In-person and online via zoom</b>	Michelle Black	Monday	TBD	TBD	2	FREE
Please register on our website at <a href="http://www.wellnessnetworkedmonton.com/courses/">www.wellnessnetworkedmonton.com/courses/</a> or by calling (780) 699-3253						

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Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Everyday Confidence</b> (6-week Recovery College Course) Hybrid, Online and In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta	TBD	Tuesday	Jan 24, 31, Feb 7, 14, 21 and 28	2:00 pm – 4:00 pm	2	FREE
<b>Adaptive Resilience</b> (6-week Recovery College Course) Hybrid, Online and In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta	TBD	Thursday	Jan 26, Feb 2, 9, 16, 23 and Mar 2	2:00 pm - 4:00 pm	2	FREE
<b>Baking Basics</b> (4-week Recovery College Course) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta	TBD	Friday	Feb 3, 10, 17 & 24	10:00 am – 12:00 pm	2	FREE
<b>Stress Management</b> (1 hour Workshop) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta	TBD	Wednesday	Mar 1	10:00 am – 12:00 pm	1	FREE
<b>Building Better Boundaries</b> (2 hour Workshop) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta	TBD	Wednesday	Mar 8	10:00 am – 12:00 pm	2	FREE
To register go online to <a href="http://www.recoverycollegetedmonton.ca">www.recoverycollegetedmonton.ca</a> or Contact: Nermine Dorcas at (780) 414-6312						

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

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## NETWORK

### Wellness Programs

**AMSA (Art Mentorship Society of Alberta) – main link to their programs** <https://www.artmentorshipab.com/class-info.html>

**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://amsa.as.me/nina-class>

**\*\*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, with monthly in-person activities at EMCN (10170 – 112 Street)

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

#### **Global Garden**

Online monthly garden meetings all year. Regular in-person activities at Edmonton Urban Farm (11312 – 79 Street) May to September. Sign up for a 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** – Monday Evenings – January 9 to February 13 – 6:30 to 8:30 pm

**Anxiety & Depression Series** – Wednesday Evenings – January 11 to February 15 – 6:00 to 8:00 pm, Friday Afternoons – March 3 – 31 – 12:30 to 2:30 pm

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

**Emotion Regulation Series** – Wednesday Afternoons – February 11 to 15 – 2:00 to 4:00 pm

Monday Afternoons – January 16 to February 20 – 2:00 to 4:00 pm

Friday Afternoons – January 13 to February 17 – 12:30 to 2:30 pm

**Anxiety & Depression Workshop** – Saturday, January 28 – 10:00 to 3:00 pm

**Support & Recovery for First Responders** – Monday Evenings, January 9 to February 13 – 6:00 to 8:00 pm

**Grief & Loss Group** – Thursday Afternoons, February 2 to March 2 – 4:00 to 6:00 pm

**Women's Wellness Group** – Tuesday Afternoons (Biweekly) – January 10 and 24 and February 7 and 21 – 1:00 to 3:00 pm

**Healthy Living with Bipolar** – TBD

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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**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)**

**1:00 pm to 3:00 pm**

January 3, 6, 10, 13, 17, 20, 24, 27, and the 31 of 2023

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**

**OSP is revising it's courses and schedules and will be putting new courses and dates out in the new year – for any questions, contact Jeff at (780) 784-7163**

### **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>

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

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### **Edmonton Chamber of Voluntary Organizations**

#### **Volunteer Connections Mini Course (online, self-directed)**

Description: Learn how volunteering can help you connect with others and become happier and healthier by getting involved in your community. We are seeking a cohort of individuals to go through the mini course together.

Registration link: [Volunteer Connections Mini Course | Edmonton Chamber of Voluntary \(teachable.com\)](https://ecvo.teachable.com/p/volunteer-connections)  
<https://ecvo.teachable.com/p/volunteer-connections>

#### ***For more information and to register contact***

Juliana Lokshin ([julianna@ecvo.ca](mailto:julianna@ecvo.ca)) and to General Inquiries ([info@ecvo.ca](mailto:info@ecvo.ca))

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

#### **Volunteer Connections Workshop (in-person)**

Please note: we are seeking organizations who would like to host Volunteer Connections presentations for their clients or staff in 2023. The Volunteer Connections workshop is great for organizations whose clients struggle with belonging and participation in society. The in-person workshop can be tailored to the needs of your group.

To set up a presentation, contact [volunteerism@ecvo.ca](mailto:volunteerism@ecvo.ca)

### **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**

In keeping consistent with previous years, please note that all Community Linking programs will also be taking a holiday between **December 25, 2022 – January 6, 2023** (as many facilitators are away and facilities are closed/modified hours). Please note that some programs may choose to run during this time but please confirm with the group facilitator to be sure.

### **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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Edmonton Chamber  
of Voluntary Organizations



Canadian Mental  
Health Association  
Edmonton  
*Mental health for all*



On Site Placement



Alberta Health  
Services

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