



wellness **Winter 2022-2023**

NETWORK

Wellness Network Peer Support Services and Programs

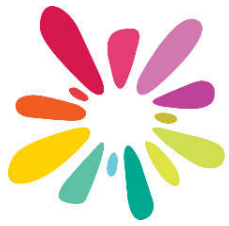
Description	Peer Navigators	Day	Date (s)	Time	Hours	Cost
<p>One-on-One peer support sessions with a Wellness Network Peer Navigator</p> <p>Anyone can schedule an individual appointment with a Peer Navigator! This is a FREE service. Peer Navigators can listen and support you. Peer Navigators can help with information about programs and other mental health services and supports in the Edmonton area.</p> <p>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 (online, phone or in person)	1hr per session	FREE
<p>In-Person Peer Led Mental Wellness Drop-In; Stanley Milner Library, Second Floor Area, Downtown Edmonton</p> <ul style="list-style-type: none"> *Mental health wellness activities *Peer Support and service navigation *Information sharing about local programs and services <p>Stanley A. Milner Library Downtown Second Floor Area (Ask for Directions at the Information Desk) 7 Sir Winston Churchill Square, Edmonton</p>	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	FREE

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

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

Wellness Network Peer Support Groups

Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Online Peer Support Circle Peer Led Support Group for Peer Workers Contact Michelle Black at (587) 991-0057 to register or email at mblack@e4calberta.org	Michelle Black	Wednesday	2 nd Wednesday of every month	7:00 pm to 9:00 pm	2	FREE
In-person Suicide Attempt Survivor Support YEG (SASSY) Peer Led Support Group for Suicide Attempt Survivors <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> Please call Nicole at (780) 289-6219 or email Nicole.sharpe@ahs.ca Location: Paul Kane House, 10220 – 121 Street, Edmonton	Nicole Sharpe Salvi Cammarata	Wednesday	1 st Wednesday of every month starting December 7 th	6:30 pm to 8:00 pm	1 ½	FREE

Wellness Network Recovery College Courses

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Wellness Recovery Action Plan (WRAP) 9-week <i>In-person</i> Recovery College Course 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
Wellness Recovery Action Plan (WRAP) 9-week <i>Online</i> Recovery College Course	Debralee Schroeder and Lauren Pearson	Wednesday	Every Wednesday, Jan 11 to Mar 8	5:00 pm to 7:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) 9-week <i>Online</i> Recovery College Course	Rob Pyck Naomi Hales	Thursday	Every Thursday, Jan 12 to Mar 9	1:00 pm to 3:00 pm	2	Free

Please call Lauren at (780) 616-9389 or register on our website at www.wellnessnetworkedmonton.com/courses/

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Writing for Recovery 8-Week In-person Recovery College Course 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
Mental Wellness Recovery Group (MWRG) 8-week Online Recovery College Course	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
Writing for Recovery 10-Week Online Recovery College Course	Karen Peterson & Rob Pyck	Tuesdays	Every Tuesday, Feb 7 to April 11	1:00 pm to 3:00 pm	2	Free
Suicide Attempt Survivor (SAS) Course 8-Week In-person Recovery College Course 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
Art Around the House offered at the In-Person 8-Week in Person recovery college Course Explore many art mediums and styles Stanley A. Milner Library Downtown Second Floor Area (Ask for Directions at the Information Desk) 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
Speak for Yourself (SFY); Support Self Advocacy Professional Development for frontline staff 8-week online Course - Running in the Spring of 2023 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
Do What You Love and Love What You Do!!! (DWYL) 8-week Recovery College Course (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) Running in the Spring of 2023, In-person and online via zoom	Michelle Black	Monday	TBD	TBD	2	FREE

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

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Everyday Confidence (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
Adaptive Resilience (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
Baking Basics (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
Stress Management (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
Building Better Boundaries (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 www.recoverycollegetedmonton.ca or Contact: Nermine Dorcas at (780) 414-6312

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

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

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 **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 or call 780-757-0900

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

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

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)

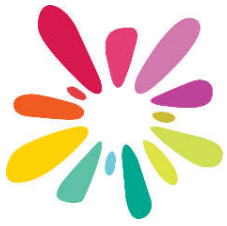
To register for any of the above courses call Jeff at (780) 784-7163 or jhowlett@osp.ab.ca or

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

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

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

Julianna Lokshin (julianna@ecvo.ca) and to General Inquiries (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

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?

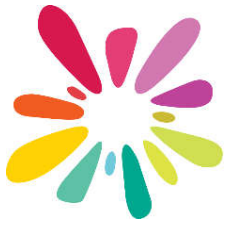
Register at <https://wellnessnetworkedmonton.com/courses/?partner=strathcona-county-family-and-community-services>

or call (780) 464-4044

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

Community Linking Programs

Clareview Fitness

Fridays from 10:00 am to 11:15 am at Clareview Community Recreation Centre (3804 - 139 Avenue).

Cost: Free with Leisure Access Pass

Improve your fitness level, learn about the equipment at the facility and meet new people. This group supports you with improving your overall fitness level and provides an opportunity to meet new people. The facilitator is at the program the entire time, and participants are welcome to exercise independently and ask questions as needed. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear.

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! This program provides you with the opportunity to take part in relaxing, leisure swimming and socializing. All swim abilities are welcome! Please bring towel, and suitable swimwear (may be made of different fabrics and styles as long as it does not interfere with safety or water quality). All swimwear must be clean and brought to the facility for the purpose 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)*

Meet new people while improving your fitness level! This program is a fun, instructor-led fitness class that incorporates different exercise equipment. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear.

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

Commonwealth Recreation & Fitness

Thursdays 1:00 pm to 2:30 pm Cost: Free with Leisure Access Pass

Location: Commonwealth Community Recreation Centre (11000 Stadium Road)

Meet new people while improving your fitness level! This program involves a variety of physical activities including gym games, swimming, and using resistance and cardio machines. Please bring a water bottle, clean indoor shoes and comfortable clothing as well as swim wear on the first Thursday of the month. Please meet in the main foyer of Commonwealth Community Recreation Centre.

For more information and to register call Maria (780) 292-1813

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

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

Updated 01-10-23



wellness **Winter 2022-2023**

NETWORK

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). Join us for 5 pin bowling. Please ensure you bring a pair of socks. Please note this facility is located in the basement and there is no access to an elevator. Please Note: the group takes ETS there so they may be a few minutes late arriving. **For more info and to register call Dylan at (780) 918-5651**

Terwillegar Fitness

Wednesdays 12:30 pm to 1:45 pm at Terwillegar Community Recreation Centre (2051 Leger Road, NW) Cost: Free with Leisure Access Pass
Improve your fitness level, learn about the equipment at the facility and meet new people. This group supports you with improving your overall fitness level and provides an opportunity to meet new people. The facilitator is at the program the entire time, and participants are welcome to exercise independently and ask questions as needed. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear.
For more information and to register contact Bridget at (780) 918-5308



Edmonton Chamber
of Voluntary Organizations



Canadian Mental
Health Association
Edmonton
Mental health for all



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

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

Updated 01-10-23