

wellness **Spring 2023**

NETWORK

Wellness Network Peer Support Services and Programs

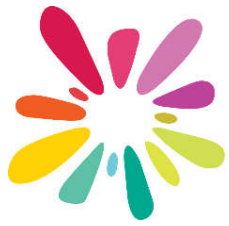
Description	Peer Navigators	Day	Date (s)	Time	Hours	Cost
<p>One-on-One peer support sessions with a Wellness Network Peer Navigator</p> <p>Anyone can schedule an individual appointment with a Peer Navigator! This is a FREE service.</p> <p>Peer Navigators can listen and support you. Peer Navigators can 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 facilitated Mental Wellness Drop-In; Stanley Milner Library, South Entrance Foyer, 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 Main Floor, Civic Employees Fund Room 1 7 Sir Winston Churchill Square, Edmonton</p>	Michelle Black Nadine Chalifoux Sherry Stasiuk	Thursday	Every Thursday Ending March 23, 2023	1:00 pm to 3:00 pm	2 hours	FREE
<p>NEW Wellness Network Online Drop-In</p> <ul style="list-style-type: none"> *Mental health wellness activities *Peer Support from experienced Peer Workers *Information about local supports and services <p>Join the Wellness Network's Peer Navigators</p> <p>Zoom Link – Meeting ID: 886-2073-3044 Passcode: 211767 https://us02web.zoom.us/j/88620733044?pwd=dGdWV ER6aG54d05tNHN5VTZ6anpjQT09</p>	Michelle Black Sherry Stasiuk Naomi Hales	Wednesday	Every Wednesday Starting May 3, 2023	1:00 pm to 3:00 pm	2 hours	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

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Updated 04-17-23



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 Sharpe at (780) 289-6219 or email nicole.sharpe@ahs.ca to register Alex Taylor School – 9321 Jasper Avenue (free parking)	Nicole Sharpe Salvi Cammarata	Wednesday	1 st Wednesday of every month	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 In-person Recovery College Course Edmonton Community Health Hub North 13211 Fort Road, Edmonton, Alberta		Tuesday	Every Tuesday, April 4 to May 30th	1:00 pm to 3:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) 9-week Online Recovery College Course		Wednesday	Every Wednesday, April 5 to May 31	5:00 pm to 7:00 pm	2	Free
Wellness Recovery Action Plan (WRAP) 9-week In-person Recovery College Course Edmonton Community Health Hub North 13211 Fort Road, Edmonton, Alberta		Thursday	Every Thursday, April 6 to June 1	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/

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Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Do What You Love and Love What You Do!!! (DWYL) <i>8-week Online 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)	Michelle Black and Sherry Stasiuk	Monday	Every Monday April 24 to June 19 (no class May 22)	10:00 am to 12:00 pm	2	FREE
Traditional Approaches to Healing 8-Week In-person Recovery College Course St. Faith's Anglican Church, 11725 – 93 Street, Edmonton Over 8 weeks, we will practice a traditional process of sharing through ceremony and medicine with the guidance of an elder. The use of circle, story and song will help us to discover the topics and the issues learners would like to address and learn more about. Register at krambow@e4calberta.org or call (780) 424-2870	Kathryn Rambow and Elder	Monday Tuesday	Every Monday March 6, 13, 20, 27 April 3, 11 Tues April 17 and 24	7:00 pm to 9:00 pm	2	Free
Writing for Recovery <i>10-Week Online Recovery College Course</i>	Karen Peterson & Rob Pyck	Tuesday	Every Tuesday April 25 to June 27	1:00 pm to 3:00 pm	2	Free
Speak for Yourself (SFY); Support Self Advocacy Professional Development for frontline staff <i>8-week online Course</i> 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 and Michelle Black	Wednesday	Every Wednesday March 29 to May 24 (no class April 5)	10:00 am to 12:00 pm	2	Free

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

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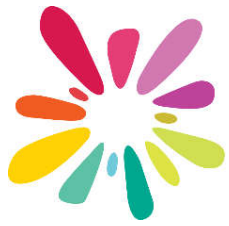
Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
Goal Setting (6-week Recovery College Course) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta		Tuesday	May 2 to June 6	1:00 pm to 3:00 pm	2	FREE
Leadership Series (6-week Recovery College Course) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta		Thursday	May 4 to June 8	1:00 pm to 3:00 pm	2	FREE
Creative Sandwiches (4-week Recovery College Course) In-person at Prosper Place, 10455 – 172 Street, Edmonton, Alberta		Friday	May 5 to May 26	10:00 am to 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

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Wellness Programs

Momentum Walk-In Counselling

Anchor Men's Group – *In-person* every Thursday – 6:30 pm to 8:30 pm – Suite 706, 5241 Calgary Trail – **Virtual** every Tuesday – 6:30 pm to 8:30 pm

Anxiety & Depression Series – **Virtual** every Wednesday Afternoons – May 24 to June 28 – 12:00 pm to 2:00 pm

Emotion Regulation Series – **Virtual** every Wednesday Afternoons – April 12 to May 17 – 2:00 to 4:00 pm

Friday Afternoons – May 26 to June 30 12:00 pm to 2:00 pm

Grief & Loss Group – **Virtual** every Thursday Afternoons, April 27 to June 1 – 3:00 pm to 5:00 pm

First Responders and Front Line Workers – **Virtual** – every Wednesday Evenings – May 31 to July 5 – 6:00 pm to 8:00 pm

Women's Wellness – **Virtual** – Tuesday Evenings – biweekly – 6:00 pm to 8:00 pm

Anxiety & Depression Workshop – Saturday, July 30 – 10:00 am to 3:00 pm (45 minute break for lunch)

Creating Healthy Relationships Workshop – **Virtual** – June 4 – 10:00 am to 4:00 pm (45 minute break for lunch)

- **Virtual** – October 15 – 10:00 am to 4:00 pm (45 minute lunch break)

Emotions Workshop – **Virtual** – Sunday, August 6 – 10:00 am to 3:00 pm (45 minute break for lunch)

Healthy Living with Bipolar – Monday Afternoons – May 1 to June 19 – 3:00 pm to 4:30 pm

Register @ www.momentumcounselling.org or call 780-757-0900

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)

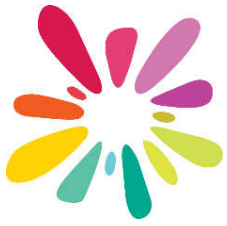
Who Can Access This Program? Black, Indigenous, and women of colour, including women from immigrant and refugee backgrounds, from 15 – 21 years old

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>



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Employabilities - #402, 10909 Jasper Avenue, Edmonton

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

Offered in-person – Wednesday and Fridays (Goal: to assist you in becoming tech friendly in the current tech era)
1:00 pm to 3:00 pm - March 1, 3, 8, 10, 15, 17, 22, 24, 29 and 31 of 2023 - April 5, 12, 14, 19, 21, 26 of 2023

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

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

First Aid (in-person)

Food Handler Certification - This course satisfies legislated food handler training requirements across Canada and is ideal for staff in restaurants, day cares, camps, long-term care homes, special events, etc.

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.

ProServe - Applicable for staff working on premises (bar, restaurant, private club or mass assembly venue), in a retail establishment or other in activities surrounding liquor service

WHMIS (Workplace Hazardous Materials Information System) - Online Self-Paced Learning!

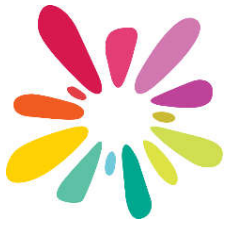
Workplace Hazardous Materials Information System (WHMIS) is a hazard communication system designed to ensure workers using hazardous materials, also known as controlled products, have the necessary information to safely handle, store and dispose of these materials.

To register for any of the above courses call Jeff at (780) 784-7163 or jhowlett@osp.ab.ca or Nick at (780) 784-7160 nscott@ospl.ab.ca
visit <https://wellnessnetworkedmonton.com/courses/?partner=on-site-placement>

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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

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

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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

Clareview Swim

Tuesdays 2:00 pm to 3:15 pm at Clareview 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 2:00 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

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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 information 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 Vanya at (780) 918-5308**

Sport Check Soccer

Thursdays: 1:00 pm – 3:00 pm, 101 Boyle Street Plaza 9538 103A Ave (Drop In/Free), for more info, please contact Mike at (780) 903-9661

Prosper Place Social Recreation

Wednesdays 1:00 to 3:00 pm at Prosper Place (10455 – 172 Street, Edmonton) – Join in for some fun in social recreation activities with others (bingo, karaoke, board games, crib)

For more information call Prosper Place at (780) 426-7861

Prosper Place Yoga with Diane

Thursdays 1:30 to 3:00 pm at Prosper Place (10455 – 172 Street, Edmonton) – Wear something comfortable and bring a yoga mat – yoga mats may also be provided

For more information call Prosper Place at (780) 426-7861

AMSA at the Nina

Join AMSA in creating beautiful works of art at the Nina! Friday: 1:00 pm – 3:00 pm, Nina Haggerty (9225 118 AVE NW) (Cost: \$2 drop-in)

For more information, please contact (780) 909-7760 or artmentorshipab@gmail.com

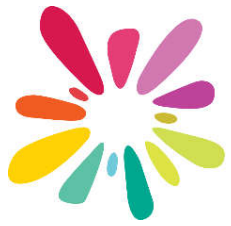
AMSA (Art Mentorship Society of Alberta) PROGRAM IS PAUSED UNTIL JUNE 2023

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

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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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