

**-Community Linking Programs-  
“Linking You to Wellness”**

**2023**



**Leisure Programs for Adults with Addictions and/or Mental Health  
Concerns**

**The Wellness Network  
[www.WellnessNetworkEdmonton.com](http://www.WellnessNetworkEdmonton.com)**

Updated: May 2023

## **Background**

In Edmonton, approximately one in five individuals has a mental health concern. Recreation and leisure opportunities are important components of maintaining good mental and physical health. The Community Linking Committee was formed to address the need for the provision of high quality, low cost community leisure programs for individuals with mental health concerns in the Edmonton area.

### **Purpose**

To provide leisure programs for adults with addictions &/or mental health concerns (e.g. schizophrenia, major mood disorders), who would benefit from supportive leisure environments.

### **Objectives**

- To introduce a wide variety of low cost community based activities for those with limited incomes
- To teach and develop leisure skills
- To provide an opportunity for socialization
- To increase awareness of leisure opportunities in Edmonton
- To increase community acceptance of persons with addictions & mental health concerns

### **Please Note**

Programs run every day with the exception of the following:

- Statutory Holidays
- Two week break during the Christmas Holidays
- During extreme weather (colder than -25\*, extreme heat advisories, tornado warnings, etc).

Please call program facilitator to confirm if the program is running that day if you are unsure.

## **What's New?**

In response to the Covid-19 pandemic, a number of changes have occurred with our programs. Many programs are still on hold and updates will be provided as they become available. We appreciate your continued support and thank you for your patience.

## Central/East Edmonton Programs

### Commonwealth Fitness + Recreation

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 Recreation Centre.

- Thursday: 1:00pm – 2:00pm
- Commonwealth Recreation Centre (11000 Stadium Road)
- Free with Leisure Access Pass
- For more info, please contact Maria at 780-292-1813

### Fun with Fitness

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

- Friday: 12:00pm – 1:00pm
- Commonwealth Recreation Centre (11000 Stadium Road)
- Free- please let front desk know you're there for FWF
- For more info, please contact Emma at 780-221-0880

### Plaza Bowl

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 not access to an elevator. Please note: the group takes ETS there so they may be a few minutes late arriving

- Wednesday: 1:30pm – 2:30pm
- Plaza Bowling Alley (10418 118 AVE)
- \$6.00- includes game and shoe rental
- For more info, please contact Dylan at 780-918-5651

## **Venture Out (Starting Monday, May 29, 2023)**

Participants are provided with the opportunity to engage in a number of group/team style sport activities. The program provides the opportunity to engage participants in a number of sports, which may or may not be familiar to them and to practice teamwork, cooperation and improve overall physical wellness. All levels of fitness are welcome. Please bring a water bottle and proper footwear.

- Monday: 1:30pm-2:30pm
- Drop In/No cost
- Location varies- please contact facilitator for monthly schedule
- For more info, please contact Nikki at 780-884-2631



## **Soccer**

Thursdays: 1:00pm – 3:00pm

- 101 Boyle Street Plaza 9538 103A Ave
- Drop In/Free
- For more info, please contact Mike at 780-903-9661

## **South Edmonton Programs**

### **Terwillegar Fitness**

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.

- Wednesday: 12:30pm – 1:45pm
- Terwillegar Recreation Centre (2051 Leger Road)
- For more info, please contact Vanya at 780-918-5308

## West Edmonton Programs

### Prosper Place Social Recreation

Make friends and enjoy a variety of fun activities! Every Wednesday afternoon you can join us for some classic card/board games, hands on art projects, and more. Our monthly schedule is available at:

[www.prosperplace.org](http://www.prosperplace.org)

- Wednesday: 1:30pm – 4:00pm
- Prosper Place (10455 172 ST NW)
- For more info, please contact 780-426-7861

### Prosper Place Yoga

The practice of yoga improves mental and physical health. The class will be adapted according to everyone's fitness level. Yoga is for everyone! Please dress in comfortable clothing designed for movement.

- Thursday: 1:30pm – 2:30pm
- Prosper Place (10455 172 ST NW)
- Free- yoga mats provided
- For more info, please contact 780-426-7861

## North Edmonton Programs

### Clareview Swim

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 a 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.

- Tuesday: 2:00pm – 3:15pm
- Clareview Community Recreation Centre (3804 139 AVE)
- Free with Leisure Access Pass
- For more info, please contact Lisa at 780-405-1264

### **Social Scene (Starting Tuesday, May 23, 2023)**

Join us for a coffee and a chat! Opportunity to connect in the community with others while building social skills.

- Tuesday: 2:00pm – 3:00pm
- Drop In/No cost unless you wish to make a purchase
- The Carrot Community Arts Coffeehouse (9351 118 Avenue)
- For more info, please contact Nikki at 780-884-2631

### **Clareview Fitness**

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.

- Friday: 10:00am – 11:15am
- Clareview Community Recreation Centre (3804 139 AVE)
- Free with Leisure Access Pass
- For more info, please contact Lisa at 780-405-1264

## **AMSA Art Programs**

AMSA Art Classes are now available online at:

- Facebook (Art Mentorship Society of Alberta)
- YouTube <https://www.youtube.com/channel/UC2Cfn2kLYPzGqzEf9DtUBTQ>

### **AMSA at the Nina**

Join AMSA in creating beautiful works of art at the Nina!

- Friday: 1:00pm – 3:00pm
- Nina Haggerty (9225 118 AVE NW)
- Cost: \$2 drop-in
- For more info, please contact 780-909-7760 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)

**The Wellness Network:  
Wellness Network Learning Community**

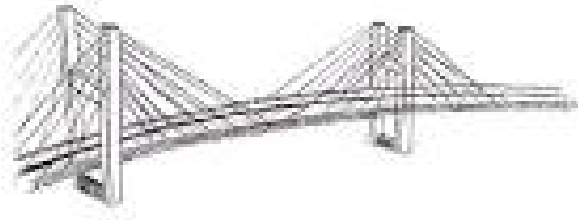
**<http://wellnessnetworkedmonton.com>**



Alex Taylor School  
9321 Jasper Ave  
Edmonton, AB

Call us at:

**780-784-3492**



**Need Help?  
24/7 Access Clinic**

**780-424-2424**

## Community Linking Members

**Community Linking is made possible by the following organizations:**

- AHS – Edmonton Zone: Addiction and Mental Health
- Art Mentorship Society of Alberta (AMSA)
- City of Edmonton Community Services
- CMHA
- E4C
- Edmonton Mental Health Clinic
- Forensic Assessment and Community Services
- Prosper Place
- Wellness Network Edmonton

**We would also like to gratefully acknowledge the following for their ongoing support of Community Linking Programs:**

- The Carrot Café
- City of Edmonton, Community Rec + Leisure Centers
- Nina Haggerty
- Plaza Bowl

