

## 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></p> <p>Anyone can schedule an individual appointment with a Peer Navigator! This is a <b>FREE</b> 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><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> 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	<b>FREE</b>
<p><b>Wellness Network Online Drop-In</b></p> <ul style="list-style-type: none"> <li>*Mental health wellness activities</li> <li>*Peer Support from experienced Peer Workers</li> <li>*Information about local supports and services</li> </ul> <p>Join the Wellness Network's Peer Navigators</p> <p><b>In-person</b></p> <p>Stanley A. Milner Library Downtown TD Explore Room (2<sup>nd</sup> Floor) 7 Sir Winston Churchill Square, Edmonton On September 14 only the location will be the Civic Employees Room 2 (main Floor)</p> <p><b>Online</b></p> <p>Zoom Link – Meeting ID: 886 7031 0256 Passcode: 485347 <a href="https://us02web.zoom.us/j/88670310256?pwd=S1I0TEE4UytHeWM3b0NONndQU09rUT09">https://us02web.zoom.us/j/88670310256?pwd=S1I0TEE4UytHeWM3b0NONndQU09rUT09</a></p>	Michelle Black Naomi Hales Sherry Stasiuk	Thursday	Every Thursday Sept. 7 to Nov. 30	1:30 pm to 3:30 pm	2 hours	<b>FREE</b>
<p><b>Onsite Placement (OSP) – Presentation of programs</b></p> <p>Prosper Place Clubhouse – 10455 – 172 Street, Edmonton</p>	Nick Scott	Tuesday	Sept. 12	10:00 am to 11:30 am	1.5 hours	<b>FREE</b>
<p><b>Employabilities – Presentation of programs</b></p> <p>Prosper Place Clubhouse – 10455 – 172 Street, Edmonton</p>	Susan Sibley	Tuesday	Sept. 26	10:00 am to 11:30 am	1.5 hours	<b>FREE</b>

*You can also register on our website at [www.wellnessnetworkedmonton.com/courses/](http://www.wellnessnetworkedmonton.com/courses/) 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](http://wellnessnetworkedmonton.com) for up to date information

Dated 09-01-23

## 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	Wednesdays	2 <sup>nd</sup> Wednesday of every month	7:00 pm to 9:00 pm	2	FREE

## Wellness Network Recovery College Courses

<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		Tuesdays	Every Tuesday Oct. 3 to Nov. 28	1:00 pm to 3:00 pm	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <b>9-week In-person Recovery College Course</b> Primary Care Network (PCN) St. Albert Centre, Unit 196, 375 St. Albert Trail, St. Albert		Wednesdays	Every Wednesday, Oct. 4 to Nov. 29	9:30 am to 11:30 am	2	Free
<b>Wellness Recovery Action Plan (WRAP)</b> <b>9-week On-line Recovery College Course</b>		Thursdays	Every Thursday, Oct. 5 to Nov. 30	5:00 pm to 7:00 pm	2	Free

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

<b>Power Through Peers</b> <b>4-week In-person Recovery College Course</b> Edmonton Community Health Hub North 13211 Fort Road, Edmonton		Monday	Every Monday Oct. 16 to Nov. 6	1:00 pm to 3:00 pm	2	Free
---	--	--------	-----------------------------------	--------------------	---	------

**Please call Nicole at (780) 289-6219 or email [Nicole.Sharpe@albertahealthservices.ca](mailto:Nicole.Sharpe@albertahealthservices.ca) or register on our website at [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)**

## Wellness Network Recovery College Courses

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Writing for Recovery</b> <i>10-Week Online Recovery College Course</i>	Karen Peterson & Rob Pyck	Tuesdays	Every Tuesday Oct. 10 to Dec. 12	1:00 pm to 3:00 pm	2	Free
<b>Basic Bannock</b> <i>4-week In-person Recovery College Course (maximum of 4 participants)</i>  Prosper Place Clubhouse 10455 – 172 Street, Edmonton	Nadine Chalifoux & Sherry Stasiuk	Thursdays	Every Second Thursday Oct. 19, Nov. 2, 16 & 30	1:30 pm to 3:30 pm	2	Free
<b>Do What You Love and Love You Do!!! (DWYL)</b> <i>9-week In-person and Online Recovery College Course</i>  <b>In-person</b> Prosper Place Clubhouse 10455 – 172 Street, Edmonton  <b>Online</b> – zoom link will be sent to those who register for online	Michelle Black & Sherry Stasiuk	Fridays	Every Friday Oct. 20 to Dec. 15	10:00 am to 12:00 pm	2	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>						

Course Description	Facilitator	Day	Date (s)	Time	Hours	Cost
<b>Developing Self-Compassion</b> In-person at Prosper Place, 10455 – 172 Street, Edmonton		Friday	Sept. 15	10:00 am to 11:00 am	1	FREE
<b>Baking Basics</b> In-person at Prosper Place, 10455 – 172 Street, Edmonton		Friday	Sept. 22, 29, Oct. 6, 13	10:00 am to 12:00 pm	2	FREE
<b>Rethinking our Thoughts</b> In-person at Prosper Place, 10455 – 172 Street, Edmonton		Friday	Oct. 27	10:00 am to 11:00 am	1	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)

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

Dated 09-01-23

## Wellness Programs

### Momentum Walk-In Counselling

**Anchor Men's Group** – *In-person* every Thursday – 6:30 pm to 8:30 pm – Argyl Centre, #132, 6325 Gateway Boulevard

*Virtual* every Tuesday – 6:30 pm to 8:30 pm

**Anxiety & Depression Workshop** – *Virtual* on Sunday, September 24 – 10:00 am to 3:00 pm (45 minute lunch break)

**Anxiety & Depression Series** – *Virtual* every Friday Afternoons – November 10 to December 15 – 12:00 pm to 2:00 pm

**Emotion Regulation Series** – *Virtual* every Wednesday Afternoons

September 6, 13, 20, 27, October 4, 11, November 8, 15, 22, 29, December 6, 13 – 2:00 pm to 4:00 pm

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

**First Responders and Front Line Workers** – *Virtual* – Every Monday Evenings – September 11, 18, and 25, October 2, 16, 23 – 6:00 pm to 8:00 pm

**Healthy Living with Bipolar** – *Virtual* – Monday Afternoons – September 11, October 2, 16, 23, 30, November 6, 20 – 3:00 pm to 4:30 pm

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

**Grief and Loss** – *Virtual* – Thursday Afternoons – October 12, 19, 26, November 2, 9, 16 – 4:00 pm to 6:00 pm

**Creating Healthy Relationships Workshop** – *Virtual* – October 15 – 10:00 am to 4:00 pm (1 hour lunch break)

Register @ [www.momentumcounselling.org](http://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](mailto:cjoliva@emcn.ab.ca) 780-399-0484 or to register go to

<https://wellnessnetworkedmonton.com/courses/?partner=edmonton-mennonite-centre-for-newcomers>

**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)***

***9:00 am to 11:00 am – August 2, 4, 9, 11, 16, 18, 23, 25, and 29, 2023***

***9:00 am to 11:00 am – September 6, 8, 13, 15, 20, 22, 27, 29, 2023***

***9:00 am to 11:00 am – October 4, 6, 11, 13, 18, 20, 25, 27, 2023***

***To register call (780) 423-4106 or Email [intakedesk@employabilities.ab.ca](mailto: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 (individuals are required to provide their own hard hat, safety glasses and steel toed shoes).*

***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](mailto:jhowlett@osp.ab.ca) or Nick at (780) 784-7160 [nscott@osp.ab.ca](mailto:nscott@osp.ab.ca) visit <https://wellnessnetworkedmonton.com/courses/?partner=on-site-placement>***

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

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

Dated 09-01-23

## 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](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

## **Community Linking Programs**

### **Venture Out**

*Mondays from 1:30 pm to 2:30 pm (location varies – please contact facilitator for monthly schedule) - Drop In/No cost*

*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.*

**For more information, please contact Nikki at (780) 884-2631**

### **Social Scene**

*Tuesdays from 2:00 pm to 3:00 pm at The Carrot Community Arts Coffeehouse (9351 – 118 Avenue) – drop in Free; Coffee is provided. Participants will be required to pay for any other purchases they may choose to make. Opportunity to connect in the community with others while building social skills.*

**For more information, please contact Nikki at (780) 884-2631**

### **Clareview Fitness**

*Fridays from 10:00 am to 11:00 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**

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

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

**Dated 09-01-23**

**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. **Please note: Commonwealth Pool is closed for the summer.**

**For more information and to register call Maria 780-292-1813 and Kendra 780-719-6584**

**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 11:00 am to 12:00 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**

Tuesdays 4:30 pm – 6:00 pm, Behind McCauley Apartments (9541 108A Ave)

(Drop In/Free), for more info, please contact Mike at (780) 903-9661. Free for all levels. Join us for fun, exercise, snacks, drinks, and more!

**Prosper Place Social Recreation**

Wednesdays 1:00 to 4:00 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 2:30 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) 901-6188 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)**

**AMSA (Art Mentorship Society of Alberta)**

**Acrylic Class - Online, Thursdays 10:00 am to 12:00 pm – For more information, please contact (780) 901-6188 or [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)**

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

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

Dated 09-01-23





Edmonton Chamber  
of Voluntary Organizations



Canadian Mental  
Health Association  
Edmonton  
*Mental health for all*



On Site Placement



Alberta Health  
Services

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

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

Dated 09-01-23