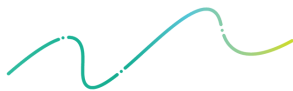


Wellness Network edmonton

In Collaboration With
Our Partners:





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. Click on the link below and be connected with a Peer Navigator: https://wellnessnetworkedmonton.com/peer-navigators/ or call or email: Phone: (780) 699-3253 Email: wellnessnetwork@e4calberta.org</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>Wellness Network In Person/Online Drop-In</p> <ul style="list-style-type: none"> • Mental health and wellness activities • Peer Support from experienced Peer Workers <p>Information about available supports and services in Edmonton Stollery Wonder Room Staley Milner Library 7 Winston Churchill Square Zoom Link – Meeting ID: 886-2073-3044 Passcode: 211767 https://us02web.zoom.us/j/88620733044?pwd=dGdWV ER6aG54d05tNHN5VTZ6anpjQT09 Call: 780 699 3253 for all enquiries Drop-In will be on break Dec 28th and Jan 4th</p>	Michelle Black Sherry Stasiuk Naomi Hales	Wednesday	Every Wednesday	1:30 pm to 3:30 pm	2 hours	FREE

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



Wellness Network Peer Support Groups

Description	Peer Navigators	Day	Date(s)	Time	Hours	Cost
<p>Online Peer Support Circle Peer Led Support Group for Peer Workers Facilitated by Michelle Black Contact: 780 699 3253 to register or email wellnessnetwork@e4calberta.org</p>	Michelle Black	Wednesday	2nd Wednesday of every month	7:00 pm to 9:00 pm	2	FREE

Wellness Network Recovery College Courses

Description	Peer Facilitators	Day	Date(s)	Time	Hours	Cost
<p>Wellness Recovery Action Plan (WRAP) 9-week In-person Recovery College Course Momentum Walk-In Counselling #132, 6325 Gateway BLVD</p>		Tuesdays	Tuesdays from January 9th to March 5th	1pm to 3pm	2	FREE
<p>Wellness Recovery Action Plan (WRAP) 9-week Online Recovery College Course</p>		Mondays	Thursdays January 11th to March 7th	5:00pm to 7:00pm	2	FREE
<p>Mental Wellness Recovery Group (MWRG) 8-week in-person Recovery College Course Prosper Place Club House 10455 172 St NW, Edmonton, AB T5S 1K9</p>	Michelle Black & Dixie Estrin	Fridays	Jan 12th to March 1st	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



Wellness Network Recovery College Courses

Description	Peer Facilitators	Day	Date(s)	Time	Hours	Cost
<p>Writing for Recovery Online 10-Week Online Recovery College Course</p>	Karen Peterson & Rob Pyck	Tuesdays	Every Tuesday Jan 9th to March 12th	1:00 pm to 3:00 pm	2	FREE
<p>Art Around the House Offered In-Person 4-Week in-person Recovery College Course Explore many art mediums and styles. No experience? No worries! Beginners welcome. Stanley A. Milner Library Downtown TD Explore Room (Level 2) 7 Sir Winston Churchill Square, Edmonton</p>	Dani Zyp & Karen Peterson	Fridays	Every Second Friday Jan. 19, Feb. 2, 16 & Mar. 1	1:00 pm to 3:00 pm	2	FREE
<p>Writing For Recovery In-Person 8 week Recovery College Course Prosper Place Club House 10455 172 St NW, Edmonton, AB T5S 1K9</p>	Leif Gregerson & Sherry Stasiak	Mondays	Every Monday Jan 22nd to Mar 18th	1:00pm to 3:00pm	2	FREE
<p>Speak For Yourself Online for Frontline Staff</p>	Nadine Chalifoux and Dallas Stainthorp	Thursdays	Every Thursday Feb 8 - Mar 28th	10am to 12pm	2	FREE
<p>Traditional Approaches to Healing Practice traditional process of sharing through ceremony with the guidance of Elder Russel Auger</p>	Russell Auger	Mondays	Jan 8th - February 26th	7pm - 9pm	2	FREE

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



Wellness Programs

Momentum Walk-In Counselling

Description	Day	Date(s)	Time	Hours	Cost
Anchor Men's Group – In-person & Virtual Argyle Centre 132 6325 Gateway Blvd	<i>In-Person:</i> Thursdays <i>Virtual:</i> Tuesdays	Weekly	6:30 pm to 8:30 pm	2	FREE
Anxiety & Depression Series – Virtual	Wednesdays	Jan 10 - Feb 14	12:00 to 2:00 pm	2	FREE
Emotion Regulation Workshop – Virtual	Sunday	March 24	10:00am to 3:00pm	2	FREE
Women's Wellness – Virtual	Tuesdays biweekly	Starts Jan 9	6:00 pm to 8:00 pm	2	FREE
Emotions Regulation Series – Virtual	Fridays	Jan 5 - Feb 9	12:00pm to 2:00pm	5	FREE
Healthy Living with Bipolar	Mondays	May 1 to June 19	3:00 pm to 4:30 pm	1.5	FREE
Grief and Loss Support Group - Virtual	Thursdays	Jan 18 to Feb 22	4:00pm to 6:00pm	2	FREE

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



Wellness Programs

EMCN (Edmonton Mennonite Centre for Newcomers)

Description	Day	Date(s)	Time	Hours	Cost
<p>Global Girls Online with monthly in-person activities at EMCN (10170 - 112 Street)</p> <p>Who Can Access This Program? Black, Indigenous, and women of colour, including women from immigrant and refugee backgrounds, from 15 – 21 years old</p>	Thursdays		6:00 pm to 8:00 pm	2	FREE
<p>Global Garden Online monthly garden meetings all year. Regular in-person activities at Edmonton Urban Farm (11312 – 79 Street)</p> <p>Sign up for a full season of gardening and growing together!</p>					FREE

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>

Employabilities - #402, 10909 Jasper Avenue, Edmonton

Description	Day	Date(s)	Time	Hours	Cost
<p>Tech Smart Workshops – A Stepping Stone to Becoming Tech Friendly! Offered in-person (Goal: to assist you in becoming tech friendly in the current tech era)</p>	Wednesdays & Fridays	2 offerings Starting Jan 3rd and February 7th	9am - 11am	2	FREE

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



Wellness Programs

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

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



Wellness Programs

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>

For more information and to register contact
Scott Lundell (scott@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

AMSA (Art Mentorship Society of Alberta)

Acrylics Class

Online, Thursdays 10:00 am to 12:00 pm

Click on this link to register <https://forms.gle/LuYBzQpSft5ejaWH6>



Wellness Programs

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 Coffeeshouse (9351 – 118 Avenue) – drop in/no cost unless you wish to make a purchase

Join in for a coffee and a chat! 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

Winter 2023/24



Wellness Programs

Community Linking Programs

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 / 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

AMSA Art Online

Thursdays 10:00am - 12:00pm Online

780 - 705 - 7760



Wellness Programs

Community Linking Programs

Terwillegar Fitness

Wednesdays 11:00 pm 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

Tuesday: 4:30pm – 6:00pm, Behind McCauley Apartments

For more info, please contact Mike at (780) 903-9661

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 2:30pm 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