

# 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><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 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: <a href="https://wellnessnetworkedmonton.com/peer-navigators/">https://wellnessnetworkedmonton.com/peer-navigators/</a> or call or email: Phone: (780) 699-3253 Email: <a href="mailto:wellnessnetwork@e4calberta.org">wellnessnetwork@e4calberta.org</a></p>	Michelle Black Sherry Stasiuk	Weekdays	Monday to 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 and wellness activities</li> <li>• Peer Support from experienced Peer Workers</li> </ul> <p>Information about available supports and services in Edmonton Zoom Link-<a href="https://zoom.us/j/96543342434?pwd=R0FhdEhuR3UwYk5EKzZzZ0FIMHordz09">https://zoom.us/j/96543342434?pwd=R0FhdEhuR3UwYk5EKzZzZ0FIMHordz09</a> Meeting ID: : 965 4334 2434 Passcode: 5vZgi2 Call: (780) 699-3253 for all enquiries</p>	Michelle Black Sherry Stasiuk Naomi Hales	Thursdays	Every Thursday	1:30 pm to 3:30 pm	2 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



## Wellness Network Recovery College Courses

Description	Peer Facilitators	Day	Date(s)	Time	Hours	Cost
<p><b>Traditional Approaches to Healing</b>  <b>8-Week In-Person Recovery College Course</b>                      Practice a traditional indigenous process of sharing through ceremony and medicine.</p>	Russel Auger	Mondays	May 6th to June 24th *No class May 20th (May 21st instead)	7:00 pm to 9:00 pm	2	FREE
<p><b>Writing for Recovery Online</b>  <b>Two 10-Week Online Recovery College Courses</b>                      Join us for weekly writing prompts, reflections, gratitude, and the opportunity to share your story. No writing experience required</p>	Karen Peterson & Rob Pyck	Tuesdays Fridays	April 2nd to June 4th April 5th to June 7th	1:00 pm to 3:00 pm	2	FREE
<p><b>Do What You Love and Love What You Do!</b>  <b>10-Week In-Person Recovery College Course</b>                      Participate in many different writing and hands on exercises. Learn new and exciting ways to develop skills, navigate change, as well as finding out what your strengths and talents are. All supplies provided free of charge.                      Hosted at Momentum Counselling                      (Unit#132 6325 Gateway Boulevard)</p>	Michelle Black & Sherry Stasiuk	Wednesdays	April 17th to June 19th	1:30 pm to 3:30 pm	2	FREE
<p><b>Superimposition: Fragments of Hope</b>  <b>10-Week In-Person Recovery College Course</b>                      Explore how art can be used to embrace individuality and learn the basics of collage/mixed media art. All supplies provided free of charge.                      Hosted at Momentum Counselling                      (Unit#132 6325 Gateway Boulevard)</p>	Jai Tanninen, Rob Pyck, & Zarley Jacknisky	Wednesdays	May 1st to July 3rd	7:00 pm to 9:00 pm	2	FREE

Please register on our website at [www.wellnessnetworkedmonton.com/courses/](http://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><b>Wellness Recovery Action Plan (WRAP)</b>  <b>9-Week In-Person Recovery College Course</b>                      An 18-hour self-empowerment program, focused on creating a plan to help you stay well daily.                      Edmonton Community Health Hub North, 13211 Fort Road NW.</p>	Jessica Pruden & Lauren Pearson	Tuesdays	April 9th to June 4th	1:00 pm to 3:00 pm	2	FREE
<p><b>Wellness Recovery Action Plan (WRAP)</b>  <b>9-Week In-Person Recovery College Course</b>                      An 18-hour self-empowerment program, focused on creating a plan to help you stay well daily.                      Edmonton Community Health Hub North, 13211 Fort Road NW,</p>	Naomi Hales & Haili Martz	Thursdays	April 11th to June 6th	5:00 pm to 7:00 pm	2	FREE

Please register on our website at [www.wellnessnetworkedmonton.com/courses/](http://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><b>Online Peer Support Circle</b>                      Peer Led Support Group for Peer Workers                      Facilitated by Michelle Black                      Contact: (780) 699-3253 to register or email <a href="mailto:wellnessnetwork@e4calberta.org">wellnessnetwork@e4calberta.org</a></p>	Michelle Black	Wednesday	2nd Wednesday of every month	7:00 pm to 9:00 pm	2	FREE

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



## Wellness Programs

### Momentum Walk-In Counselling

Description	Day	Date(s)	Time	Hours	Cost
<b>Anchor Men's Group – In-person &amp; Virtual Argyll Centre Unit #132 6325 Gateway Boulevard</b>	<i>In-Person:</i> Thursdays <i>Virtual:</i> Tuesdays	Weekly	6:30 pm to 8:30 pm	2	FREE
<b>Anxiety &amp; Depression Series – Virtual</b>	Wednesdays	April 17th to May 22nd	2:00 pm to 4:00 pm	2	FREE
<b>Emotion Regulation Workshop – Virtual</b>	Sunday	April 7th	10:00 am to 3:00 pm	5	FREE
<b>Women's Wellness – Virtual</b>	Tuesdays bi-weekly	April 2nd to December 17th	6:00 pm to 8:00 pm	2	FREE
<b>Emotion Regulation Series- Virtual</b>	Fridays	March 6th to April 10th	2:00 pm to 4:00 pm	2	FREE
<b>Healthy Living with Bipolar-Virtual</b>	Mondays	April 8th to June 3rd	3:00 pm to 4:30 pm	1.5	FREE
<b>Grief and Loss Support Group - Virtual</b>	Thursdays	April 4th to May 2nd	4:00 pm to 6:00 pm	2	FREE
<b>Occupational Wellness Group-Supporting Frontline Workers and First Responders</b>	Mondays	April 8th to May 13th	6:00 pm to 8:00 pm	2	FREE

Register at [www.momentumcounselling.org](http://www.momentumcounselling.org) or call (780) 757-0900



## Wellness Programs

### Momentum Walk-In Counselling (Continued)

Description	Day	Date(s)	Time	Hours	Cost
<b>Teen Mental Health Group-In person at Argyll Centre Unit #132, 6325 Gateway Boulevard</b>	Tuesdays	Feb 27th to March 26th	5:30 pm to 7:00 pm	1.5	<b>FREE</b>
<b>Healing Trauma Support Group-Virtual (female identifying participants only)</b>	Mondays	Feb 26th to March 25th	12:00 pm to 2:00 pm	2	<b>FREE</b>
<b>Healing Trauma Series-Virtual</b>	Mondays	June 10th to July 15th	2:00 pm to 4:00 pm	2	<b>FREE</b>
<b>Healthy Relationship Workshops-Virtual</b>	Monday Friday	June 3rd November 8th	10:00 am to 4:00 pm	6	<b>FREE</b>

Register at [www.momentumcounselling.org](http://www.momentumcounselling.org) or call (780) 757-0900



## Wellness Programs

### Edmonton Mennonite Centre for Newcomers (EMCN)

Description	Day	Date(s)	Time	Hours	Cost
<p><b>Global Girls</b> Online with monthly in-person activities at EMCN (10170 - 112 Street)</p> <p><b>Who Can Access This Program?</b> Black, Indigenous, and women of colour, including women from immigrant and refugee backgrounds, from 15 – 21 years old</p>	Thursdays & Saturdays		Thursday: 6:00 pm to 8:00 pm (virtual) Saturday: 12:30 pm to 3:00 pm (in-person)	2	FREE
<p><b>Global Garden</b> 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](mailto:cjoliva@emcn.ab.ca) (780) 399-0484 or to register go to <https://wellnessnetworkedmonton.com/courses/?partner=edmonton-mennonite-centre-for-newcomers>

### Employabilities

Description	Day	Date(s)	Time	Hours	Cost
<p><b>Tech Smart Workshops – A Stepping Stone to Becoming Tech Friendly!</b> <b>Offered in-person</b></p> <p>Are you eager to boost your computer skills and gain confidence in the digital world? Look no further! Our comprehensive two-day workshop is here to empower you with the knowledge you need. #402, 10909 Jasper Avenue, Edmonton</p>	Wednesdays & Fridays	April 3rd & 5th April 10th & 12th April 17th & 19th April 24th & 26th	9:00 am to 11:00 am	2	FREE

To register call (780) 423-4106, or e-mail: [intakedesk@employabilities.ab.ca](mailto:intakedesk@employabilities.ab.ca)



## Wellness Programs

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

### **First Aid (in-person)**

2 consecutive day course held at St. John Ambulance, 12304 – 118Ave

Numerous dates offered each month (no Thursday/Friday combinations offered) based on vacancy

**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.**

One day course held at Extreme Air, 6158 – 50 St

Courses held each Thursday based on vacancy

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 contact 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)





## Wellness Programs

### Edmonton Chamber of Voluntary Organizations (ECVO)

#### **Volunteer Connections Mini Course (online, self-directed)**

Description: In this course, you will learn how volunteering can open doors to your future. Volunteering can help you find a job, learn new skills, make new friends, recover from an illness, settle into life in Canada, and so much more. Learn everything you need to know to get started volunteering in under an hour.

Registration link: <https://ecvo.teachable.com/p/volunteer-connections>

For more information, contact [volunteerism@ecvo.ca](mailto:volunteerism@ecvo.ca)

#### **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 2024. 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)

For more information and to register contact Scott Lundell ([scott@ecvo.ca](mailto:scott@ecvo.ca)) and to General Inquiries ([info@ecvo.ca](mailto:info@ecvo.ca))

### Art Mentorship Society Of Alberta (AMSA)

#### **Online Acrylic & Watercolour Class (Zoom)**

10:00 am to 12:00 pm

Participants will be sent an image a few days in advance to get a feel for the class content and on Thursday morning we paint!

Helpful supplies to have at home to begin this class:

1. Variety of brushes
2. Something to paint on: watercolour paper, mixed media, stretched canvas or canvas paper
3. Watercolour Palette

Register for free at [www.artmentorshipab.com/class-info.html](http://www.artmentorshipab.com/class-info.html)

For more information you can e-mail [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)

## 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). Cost: Free with Leisure Access Pass

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**



## 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 Nikki at (780) 884-2631**

#### **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, the group also takes ETS there so they may be a few minutes late arriving.

**For more information and to register call Dylan at (780) 918-5651**



## Wellness Programs

### Community Linking Programs

#### Explore Fitness

Wednesdays from 10:00 am to 11:00 am, Cost: Free with Leisure Access Pass-equipment provided

Location: Commonwealth Community Recreation Centre (11000 Stadium Road \*located in Fitness Studio #1)

Meet new people while improving your fitness level!! Participate in yoga, cycle, and various types of strength based fitness classes as we explore the domains of fitness. All fitness levels welcome! Dress to be active.

**For more information call Emma at (780) 221-0800 / Caitlin at (780) 860-2722 / Kyla at (780) 863-1184**

#### Commonwealth Aquafit

Mondays 10:45 am to 12:00 pm Cost: Free with Leisure Access Pass

Location: Commonwealth Community Recreation Centre (11000 Stadium Road)

Meet new people while improving your fitness in the water! This program involves participating in a group based, shallow water aqua-fit class. Please bring swimwear and a towel and meet in the main foyer of CRC. The class starts at 11:00 am so please arrive with time to change.

**For more information and to register please contact Vanya at (780) 918-5308**

#### Boxing

Tuesdays 1:30 pm to 3:30 pm at Westchester Amateur Boxing Club (11 Airport Road) Cost: \$5.00 (includes gloves and hand wrap rental). Join us for group Boxing Class. Learn about the basics of boxing while working up a sweat! Please ensure you are dressed to be active. Please Note: the group takes ETS there so they may be a few minutes late arriving, all bag drills take place on the second floor with no access to an elevator.

**For more information and to register contact Ted (text preferred) at (780) 224-4857**



## Wellness Programs

### Community Linking Programs

#### **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**

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

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

#### **Prosper Place Social Recreation**

Wednesdays 1:00 pm 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 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 Avenue NW) (Cost: \$2 drop-in)

Register at [www.artmentorshipab.com/class-info.html](http://www.artmentorshipab.com/class-info.html)

**For more information contact [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)**

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