



## **In Collaboration With Our Partners:**

**Art Mentorship Society of Alberta  
Alberta Health Services  
Bent Arrow Traditional Healing Society  
Boyle Street Community Services  
C5 Hub  
Canadian Mental Health Association  
Community Linking Program  
e4c  
Edmonton Chamber of Voluntary Organizations  
Edmonton John Howard Society**

**Edmonton Newcomer Centre  
Edmonton Public Library  
Employabilities  
Freearts Edmonton  
Imagine Institute for Learning  
Momentum Counselling  
Norquest College  
On Site Placement  
PCN Edmonton North  
Strathcona County**

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## Wellness Network Peer Support Services and Programs

Description	Peer Navigators	Day	Date(s)	Time	Hours
<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 Zarley Jacknisky	Weekdays	Monday to Friday	Flexible times and days available for individual sessions (online, phone or in person)	1hr per session
<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 meeting information: 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

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
<b>Art Around The House</b> <b>4-Week In-Person Recovery College Course</b> A fun, shared art experience that can get messy but marvelous as well. You will learn about new techniques and some you already know. All materials provided free of charge. Hosted at The Orange Hub (10045-156 Street)	Dani Zyp & Karen Peterson	Wednesdays	July 3rd to July 24th	1:00 pm to 3:00 pm	2
<b>Writing for Recovery Online</b> <b>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. Hosted virtually on Zoom.	Karen Peterson & Rob Pyck	Tuesdays	July 9th to September 10th	1:00 pm to 3:00 pm	2
<b>Therapeutic Horticulture</b> <b>6-Week In-Person Recovery College Course</b> A Recovery College Course using Plants and Plant-related activities to improve well being! Hosted at e4c Community Garden (9321 Jasper Ave)	Caitlin Larsen & Ty Perala	Wednesdays (Bi-weekly)	June 19th to September 4th (No class on July 31st)	2:00 pm to 4:30 pm	2
<b>Mental Wellness Recovery Group</b> <b>10-Week In-Person Recovery College Course</b> Mental Wellness Recovery Group is a course designed to uplift and at the same time provide life-long tools for mental well-being. Hosted at Momentum Counselling (Unit#132 6325 Gateway Boulevard)	Michelle Black & Dallas Stanthorp	Wednesdays	July 24th to September 25th	1:30 pm to 3:30 pm	2

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
<p><b>Suicide Attempt Survivors</b>  <b>8-Week In-Person Recovery College Course</b>                      A safe, confidential, and non judgmental space to meet others (18+) who share similar experiences, learn from each other and build a support network.                      Hosted at Momentum Counselling (Unit#132 6325 Gateway Boulevard)</p>	Nicole Sharpe, Erin Alexander & Mary Logan	Wednesdays	July 10th to August 28th	6:30 pm to 8:30 pm	2

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
<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

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
<b>Anchor Men's Group – In-person &amp; Virtual</b> Argyll Centre Unit #132 6325 Gateway Boulevard	<i>In-Person:</i> Thursdays <i>Virtual:</i> Tuesdays	Weekly	6:30 pm to 8:30 pm	2
<b>Coping with Anxiety &amp; Depression Series – Virtual</b>	Wednesdays	September 4th to October 9th	12:00 pm to 2:00 pm	2
<b>Emotion Regulation Workshop – Virtual</b>	Monday	August 19th	10:00 am to 3:00 pm	5
<b>Women's Wellness – Virtual</b>	Tuesdays bi-weekly	September 3rd to December 17th	6:00 pm to 8:00 pm	2
<b>Emotion Regulation Series- Virtual</b>	Fridays	November 13th to December 18th	12:00 pm to 2:00 pm	2
<b>Healthy Living with Bipolar-Virtual</b>	Mondays	September 16th to November 25th	3:00 pm to 4:30 pm	1.5
<b>Grief and Loss Support Group - Virtual</b>	Thursdays	October 3rd to November 14th	4:00 pm to 6:00 pm	2
<b>Empowering Teens Group-In-person</b> Argyll Centre Unit #132 6325 Gateway Boulevard	Tuesdays	October 1st to November 5th	5:45 pm to 7:15 pm	2
<b>Healing Trauma Support Group Series 1-Virtual</b>	Wednesdays	September 4th to October 11th	6:00 pm to 8:00 pm	2

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

## Wellness Programs

### Momentum Walk-In Counselling

Description	Day	Date(s)	Time	Hours
<b>Healing Trauma Support Group Series 2-Virtual</b>	Mondays	October 21st to November 25th	12:00 pm to 2:00 pm	2
<b>Occupational Wellness Workshop: Supporting Frontline Workers &amp; First Responders</b>	Mondays	September 9th to October 28th	5:30 pm to 7:30 pm	2
<b>Coping with Anxiety and Depression Workshop-</b>	Monday	December 16th	10:00 am to 3:00 pm	5

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



### Art Mentorship Society of Alberta (AMSA)

<b>Online Acrylic &amp; Watercolour Class (Zoom)</b> 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! Please note you will need your own painting supplies for this class.	Thursdays	Weekly	10:00 am to 12:00 pm	2
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For more information you can e-mail [artmentorshipab@gmail.com](mailto:artmentorshipab@gmail.com)

To register call:

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

 (780) 699-3253  
 [wellnessnetwork@e4calberta.org](mailto:wellnessnetwork@e4calberta.org)



## 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**

#### 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**





## Wellness Programs

### Community Linking Programs

#### Social Scene

Tuesdays from 2:00 pm to 3:00 pm at The Carrot Community Arts Coffeehouse (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**

#### Plaza Bowl

Wednesdays 1:30 pm to 2:30 pm at Plaza Bowl (10418 – 118 Avenue) **Cost: \$6.00 (includes bowling and shoe rental).** 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. \*No Bowling on July 3rd & 10th as Plaza Bowl is closed those days.

**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

#### 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)**

#### Hobby Habitat

Mondays starting July 8th: 12:00pm -1:00pm at Dirtbag Café (10505-107 Street)

Let your creativity soar while meeting others in the community! Participants are provided with the opportunity to connect in the community with other individuals while engaging in a hobby of their choice (brought independently, not provided) while building social skills. \*Please note there is alcohol served at this location, but consumption will not be permitted during the group time.

Drop In; Participants are required to purchase one item from the café (tea, coffee, food, etc.)

**For more info, please contact Lisa at 780-405-1264**

## Partner 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 for General Inquiries ([info@ecvo.ca](mailto:info@ecvo.ca))**

### Employabilities

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

##### **Offered in-person**

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

Wednesdays & Fridays, all July and August

9:00 am to 11:00 am

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

## Partner Programs

### Edmonton Newcomer Centre

#### Global Girls

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. This is a safe space for young women to make connections, build confidence, and explore their identity,

#### Global Garden

Online monthly garden meetings all year. Regular in-person activities at Edmonton Urban Farm (11312 – 79 Street). Plan, plant, tend, and harvest a community garden working alongside fellow newcomers to Canada as well as Canadian-born Gardeners.

Sign up for a full season of gardening and growing together!

#### Immigrant Women's Integration Network

I-WIN empowers women to create their envisioned lives in Canada by connecting them with community and providing employment, settlement support, and tools to realize their talents and passions. \*Classes offered virtually and in-person

#### Participant eligibility:

- Possess education or professional experience in their home countries
- Be a female permanent resident or refugee claimant
- Possess language proficiency of Canadian Language Benchmark 4 or higher in speaking and listening.

**For more information about ENC courses and to register please call (780) 424-7709**

To register call



## Partner Programs

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

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

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

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)**