



Winter 2025 Program Flyer

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

Caregivers Alberta

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

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Wellness Network Peer Support Services and Programs

Description	Peer Navigators	Day	Date(s)	Time	Hours
<p>One-on-One peer support sessions with a Wellness Network Peer Navigator</p> <p>Anyone can schedule an 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. Phone: (780) 699-3253 Email: wellnessnetwork@e4calberta.org</p>	Michelle Black Zarley Jacknisky	Weekdays	Monday to Friday	Flexible times and days available for individual sessions (online, phone or in person)	1hr per session
<p>Wellness Network 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 Zoom meeting information: Meeting ID: : 965 4334 2434 Passcode: 5vZgi2 Call: (780) 699-3253 for all enquiries</p>	Michelle Black Naomi Hales	Thursdays	Every Thursday	1:30 pm to 3:30 pm	2 hours

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
<p>Mental Wellness Recovery Group 10-Week In-Person Recovery College Course Participate in many different writing and hands on exercises. Learn new and exciting ways to develop skills, and navigate change. Hosted at Saint Andrews Centre (12720-111 Ave Nw)</p>	Erin Alexander & Dallas Stainthorp	Wednesdays	January 16th to March 20th	6:30pm-8:30pm	2
<p>Writing for Recovery Online 10-Week Online Recovery College Course Join us for weekly writing prompts, reflections, gratitude, and the opportunity to share your story. No writing experience required. Hosted virtually on Zoom.</p>	Karen Peterson & Rob Pyck	Tuesdays	January 14th to March 18th	1:00 pm to 3:00 pm	2
<p>Superimposition: Fragments of Hope 5-Week In-Person Recovery College Course 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 CO*LAB (9641 102A Ave NW)</p>	Zarley Jacknisky, Jai Tanninen, & Rob Pyck	Wednesdays	February 26th to March 26th	1:00 pm to 3:00 pm	2

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



Wellness Programs

Momentum Counselling

Description	Day	Date(s)	Time	Hours
Anchor Men's Group – In-person & Virtual 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
Coping with Anxiety & Depression Series – Virtual	Wednesdays	January 8th to February 12th	2:00 pm to 4:00 pm	2
Women's Wellness – Virtual	Tuesdays bi-weekly	January 7th to March 18th	6:00 pm to 8:00 pm	2
Emotion Regulation Series- Virtual	Wednesdays	February 19th to March 26th	2:00 pm to 4:00 pm	2
Healthy Living with Bipolar-Virtual	Mondays	January 6th to February 10th	4:30 pm to 6:30 pm	2
Grief and Loss Support Group - In-person Argyll Centre Unit #132 6325 Gateway Boulevard	Thursdays	January 16th to February 20th	4:00 pm to 6:00 pm	2
Empowering Teens Group-In-person Argyll Centre Unit #132 6325 Gateway Boulevard	Tuesdays	February 4th to March 11th	5:45 pm to 7:15 pm	2
Healing Trauma Support Group Series 2-Virtual	Mondays	January 13th to February 10th	6:00 pm to 8:00 pm	2

Register at www.momentumcounselling.org or call (780) 757-0900



Wellness Programs

Momentum Counselling

Description	Day	Date(s)	Time	Hours
CBT for Chronic Insomnia-In Person at Argyll Centre Unit #132 6325 Gateway Boulevard	Fridays	January 17th to February 21st	1:30 pm to 3:30 pm	2
Living Life to the Full-In Person at Argyll Centre Unit #132 6325 Gateway Boulevard	Fridays	January 10th to February 21st	11:00 am to 12:30 pm	1.5
St. Albert Anchor Men's Group- In-person at St. Albert Family Resource Centre, 215 Carnegie Drive, Suite 10A.	Tuesdays	Weekly	6:30 pm to 8:30 pm	2

Register at www.momentumcounselling.org or call (780) 757-0900

Art Mentorship Society of Alberta (AMSA)

<p>Zoom Room (Mixed Media Arts & Crafts)</p> <p>AMSA's Thursday class is online exclusively and hosted on the Zoom platform. Expect to cover an array of different skills involving mixed media and other crafts you can do from home.</p> <p>*Please note you will need your own painting supplies for this class. To register please visit: www.artmentorshipab.com</p>	Thursdays	Weekly	12:00 pm to 2:00 pm	2
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For more information you can e-mail artmentorshipab@gmail.com

To register call (780) 757-0900



Wellness Programs

Canadian Mental Health Association (CMHA)

Description	Day	Date(s)	Time	Hours
<p>Hope Building 101-Virtual</p> <p>Hope Building 101 is for anyone who is interested in learning more about the importance of hope and how to use solution-focused techniques to gently challenge hopeless and helpless.</p>	Tuesday	January 14th	6:00 pm to 7:30 pm	1
<p>Developing Self Compassion-Virtual</p> <p>This 1-hour interactive course will help you rediscover self-compassion and provide some tools to build this skill.</p>	Saturday	January 25th	11:00 am to 12:00 pm	1
<p>Combatting Depression & Isolation-Virtual</p> <p>Some of us may have experienced depression and isolation in our own lives, have a family member or a friend experiencing them, or we may be caring for someone else who has. Join us for conversation, and to explore coping mechanisms, and helpful skills and tools.</p>	Monday	February 10th	10:00 am to 11:00 am	1
<p>Burnout: Preventing & Managing Burnout- Virtual</p> <p>Join us to discuss stress management and burnout prevention, and to explore some helpful tools and strategies that can be used to maintain our overall wellness.</p>	Thursday	February 20th	6:30 pm to 7:30 pm	1
<p>Stress Management-Virtual</p> <p>This 1-hour course will look at how our minds and bodies react to stress, and explore way to manage and cope with stress, as well as how to establish balance in these uncertain times.</p>	Wednesday	March 5th	6:30 pm to 7:30 pm	1

Register at www.recoverycollegetedmonton.ca



Wellness Programs

Canadian Mental Health Association (CMHA)

Description	Day	Date(s)	Time	Hours
<p>Confront the Discomfort-Virtual</p> <p>In this one-hour online course, we will discuss general information about anxiety, how to identify and manage it, and the body's stress response, and skills for calming the body.</p>	Thursday	March 20th	2:00 pm to 3:00 pm	1
<p>Building Better Boundaries- Virtual</p> <p>This four-week course will introduce you to what boundaries are, the various types of boundaries, why they are important, and help you practice setting boundaries to help improve overall wellness.</p>	Wednesdays	January 22nd to February 12th	6:00 pm to 8:00 pm	2
<p>Adulting 101- Virtual</p> <p>This will be a safe place to learn about relationships, money management, self-care, and other aspects of being a happy, healthy, adult. This course is aimed at youth ages 16-25.</p>	Tuesdays	February 25th to March 18th	6:00 pm to 7:15 pm	1.25
<p>Journalling 101: Words to Live By: In-Person at Prosper Place</p> <p>Join us, as we explore journaling in more detail and take a closer look at our thoughts and feelings, personal goals, and mindfulness, in a confidential, peer environment.</p>	Tuesday	January 14th	11:00 am to 12:00 pm	1
<p>Coffee Chat: Winter Reflection: In-Person at Prosper Place</p> <p>Grab a cup of coffee and join us for a discussion about mental wellbeing!</p>	Tuesday	February 25th	11:00 am to 12:00 pm	1
<p>Developing Self-Compassion: In-Person at Prosper Place</p> <p>This 1-hour interactive course will help you rediscover self-compassion and provide some tools to build this skill.</p>	Tuesday	March 18th	11:00 am to 12:00 pm	1

Register at www.recoverycollegeedmonton.ca

*Programs may change. Please check our website wellnessnetworkedmonton.com for up to date information



Wellness Programs

Community Linking Programs

Fun With Fitness- *On hold until the spring*

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 Booster Juice 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 Bridget at (780)-918-5308

Commonwealth Aquafit- *On hold as of January 2025*

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

For more info, please 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.* ***Please note: Clareview Swim will be moving over to Commonwealth Recreation Centre for September and October while the Clareview Pool is closed for maintenance.**

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 Jennifer at (780)-203-5420



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

Meadows Mingle and Move - Starting January 13, 2025!

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. The first 15 minutes of the group is dedicated to socializing in the lobby and meeting fellow group members, followed by 60 minutes of self-directed fitness in the gym. Mondays: 2:15pm – 3:30pm, at Meadows Recreation Center (2704 17 St), Drop In; Free with Leisure Access Pass

For more info, please contact Bridget at 780-918-5308

Boxing

Tuesdays 1:30 pm to 3:30 pm at Westchester Amateur Boxing Club (11 Airport Road) **Cost: \$6.00 (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

Rainbow Connections

Are you looking for an accepting and open group to connect and engage with? Come and have a coffee or tea with us and give Rainbow Connections a try. This group provides an opportunity for connection and support for the 2SLGBTQIA+ community. Hosted on the First + Third Friday of the Month from 1:00pm – 2:00pm

Dirtbag Café (10505-107 Street)

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

For more info, please contact Larissa (780) 903-7045



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

For more information contact artmentorshipab@gmail.com

Hobby Habitat

Mondays 11:00 am -12:00pm 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.). See Wellness Network website for photo of menu.

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

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

For more information and to register contact Scott Lundell (scott@ecvo.ca) and for General Inquiries (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 through January, February, & March.

9:00 am to 11:00 am

To register call (780) 423-4106, or e-mail: 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 – 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 jhowlett@osp.ab.ca

RESOURCES & IMMEDIATE SUPPORTS

24-hour Distress Line
780-482-HELP (4357)

211

Find community resources specific to your needs & access the referral service, 24 hours a day, 7 days a week. Call, Text or Click to connect.

780-424-2424

For Alberta Health Services (AHS) adult addiction and mental health access 24/7.

988

Call or text to talk to a crisis responder.

AHS Addiction Helpline
1-866-332-2322

Bullying Help Line
1-888-456-2323

Child Abuse Hotline
780-387-KIDS (5437)

Children's Mental Health Crisis Line
780-407-1000

Elder Abuse Intervention Team
780-477-2929

Emergency Social Services
780-644-5135

Family Violence Information Line
310-1818

Seniors' Abuse Helpline
780-454-8888

Sexual Assault Center of Edmonton
780-423-4121

