



Spring 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
Cornerstone Counselling
e4c

Edmonton Chamber of Voluntary Organizations
Edmonton Newcomer Centre
Edmonton Public Library
Employabilities
enCompass Community Safety Agency
Imagine Institute for Learning
Momentum Counselling
Norquest College
On Site Placement
PCN Edmonton North

Table of Contents

Peer Support Services & Programs	pg. 3
Recovery College Courses	pg. 4
Wellness Programs:	
Momentum Counselling	pg. 5-6
AMSA	pg. 6
Community Linking	pg. 7-10
Partner Programs:	
ECVO	pg. 11
Employabilities	pg. 11
EMCN	pg. 12
On Site Placement	pg. 13



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>Do What You Love and Love What You Do! 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 The Kirk Centre (13535-122 Ave)</p>	Michelle Black & Sherry Stasiuk	Wednesdays	April 2nd to June 4th	1:00pm to 3:00 pm	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	April 15th to June 17th	1:00 pm to 3:00 pm	2
<p>Recovery From Diet Culture 6-Week Virtual Recovery College Course Join us as we challenge social expectations of ourselves and bodies, while building skills to live a life free from the toxicity of diet culture and all it's lingering effects. Hosted virtually on Zoom.</p>	Erin Alexander & Naomi Hales	Wednesdays	April 9th to May 14th	6:00 pm to 8:00 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	April 2nd to May 7th	12:00 pm to 2:00 pm	2
Women's Wellness – Virtual	Tuesdays bi-weekly	April 8th to August 19th	6:00 pm to 8:00 pm	2
Emotion Regulation- Virtual	Wednesdays	May 14th to June 18th	2:00 pm to 4:00 pm	2
Healthy Living with Bipolar-Virtual	Mondays	April 7th to May 26th	4:30 pm to 6:30 pm	2
Grief and Loss Support Group - In-person Argyll Centre Unit #132 6325 Gateway Boulevard	Thursdays	April 3rd to May 8th	4:00 pm to 6:00 pm	2
Healing Trauma Part 1: Foundations-Virtual	Mondays	March 10th to April 7th	6:00 pm to 8:00 pm	2
Healing Trauma Part 2: Skill Building-Virtual	Mondays	May 5th to June 16th	6:00 pm to 8:00 pm	2
Coping With Anxiety and Depression Workshops-Virtual	Sunday	March 23rd & June 1st	11:00 am to 3:00 pm	4

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



Wellness Programs

Momentum Counselling

Description	Day	Date(s)	Time	Hours
Creating Healthy Relationships Workshops-Virtual	Monday/Sunday	April 28th & August 24th	11:00 am to 4:00 pm	5
Living Life to the Full-Virtual	Fridays	April 4th to May 30th	10:30 am to 12:00 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)

Zoom Room (Mixed Media Arts & Crafts)

AMSA Virtual Drop In Art Mentorship takes place on Thursdays from 12-2 pm. The weekly video call is facilitated by Chelsea Boos, local artist and designer, along with special guests from the arts community. We expect everyone to respectfully and responsibly engage with the space for everyone's enjoyment. Learn about art techniques in a fun, judgement-free environment. All skill-levels welcome. No registration necessary.

Thursday group meeting at this link:

<https://us06web.zoom.us/j/83434757804>

Please pay what you can (suggested donation; \$5-10)

Thursdays

Weekly

12:00 pm to 2:00 pm

2

For more information you can e-mail artmentorshipab@gmail.com



Wellness Programs

Community Linking Programs

Fun With Fitness- *On hold as of January 2025*

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 2:15 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 or 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.*

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.

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

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 Games

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 1:00 to 2:00pm at Prosper Place (10455 – 172 Street, Edmonton) – Wear something comfortable that allows for lots of movement – yoga mats will also be provided

For more information call Prosper Place at (780) 426-7861

Art Mentorship Open Studio

You are invited to drop in Fridays, 1-3pm and enjoy making art with the AMSA studio group!

Visit us at Nina Haggerty Centre for the Arts at 9225 118 Ave NW.

These weekly art workshops are facilitated by Jai Tanninen, local practicing artist, and Krista O'Brien, Recreational Therapist.

Everyone is welcome. No registration necessary. Materials and masks provided.

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 April, May, & June

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,

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

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

