



Prosper Place is a multidimensional community of people (peers) living with mental illness. Together, through peer-to-peer interaction and education, we build confidence and cultivate a sense of belonging, purpose and hope. Prosper Place is a safe and non-judgmental environment.

<https://www.prosperplace.org/>

Courses Offered/Link

Contact

Prosper Place Yoga

10455 – 172 Street

Cost: Free

Time: Thursdays 1:30-2:30 pm

Contact: 780-426-7861

<https://wellnessnetworkedmonton.com/courses/prosper-place-yoga-2020/>

780 426-7861



e4c is a non-profit, charitable organization based out of downtown Edmonton. e4c focuses on eliminating poverty through addressing food security needs, shelter and housing, education and skill development, and community collaborations. e4c believes in systemic support to address current needs, while moving towards long term sustainable solutions to address poverty.

<https://e4calberta.org/>

Courses Offered/Link

Contact

Beginners Weaving Workshop

McCauley Apartments – Suit B

B08 9541 – 108A Avenue

Cost: Free

Time: September 30, 2020 from 10:00 am to 2:00 pm

Where: McCauley Apartments south patio (under a heated tent)

<https://wellnessnetworkedmonton.com/courses/beginners-weaving-workshop-2020/>

780-964-3444

Wellness Wednesdays

McCauley Apartments – Suite B, B08 9541 – 108A Avenue

Cost: Free



When: 1:00-3:00pm every Wednesday (weather permitting)

Where: Join on the patio behind McCauley Apartments at 9541 – 108A Avenue

<https://wellnessnetworkedmonton.com/courses/wellness-wednesdays-2019/>

780-964-3444



	<p>https://www.albertahealthservices.ca/</p>
<p>Courses Offered/Link</p> <p><i>Check out this link for courses offered</i> https://wellnessnetworkedmonton.com/courses/?partner=ahs</p>	<p>Contact</p>
	<p>EMCN supports over 17,000 newcomers each year, from all parts of the world, out of five locations and various community venues. For over 35 years, EMCN has supported newcomers to thrive in Edmonton through our Language Programs, Employment Services, Settlement Supports and Community Connections. http://emcn.ab.ca/</p>
<p>Courses Offered/Link</p> <p>Global Choir – Online Cost: Free Time: Thursday from 12:00 pm until 1:00 pm Global Choir activities are currently being offered virtually! Contact: Karis Nsofor at knsofor@emcn.ab.ca or 780-399-0169 https://wellnessnetworkedmonton.com/courses/global-choir-2020/</p>	<p>Contact</p> <p>780-399-0169</p>
<p>Global Garden – Online Cost: Free Global Garden activities are currently being offered virtually! Contact: Karis Nsofor at knsofor@emcn.ab.ca or 780-399-0169 https://wellnessnetworkedmonton.com/courses/global-garden-2020/</p>	<p>780-399-0169</p>
<p>Global Girls – Online Cost: Free When: Thursdays from 3:15 pm to 5:30 pm Global Girls activities are currently being offered virtually! Contact: Karis Nsofor at knsofor@emcn.ab.ca or 780-399-0169 https://wellnessnetworkedmonton.com/courses/global-cooking-2020/</p>	<p>780-399-0169</p>



Strathcona County Family and Community Services offers free and low-cost programs and services for residents in all ages and stages of life. Our programs and partnerships build a supported, safe and connected community for all.

<https://www.strathcona.ca/>

Courses Offered/Link	Contact
<p>Are you new to Canada and to Strathcona County? Do you want to connect with other newcomers and learn how to access supports and resources in your new community?</p> <p><i>New events and online meetups every month! Check out strathcona.ca/newcomer</i></p> <p><u>https://wellnessnetworkedmonton.com/courses/newcomer-connector-2020/</u></p>	780-464-4044
<p>Upcoming events: Newcomer Connector Picnic in the Park!</p> <p>Bring a blanket or chair and a picnic lunch for yourself and any family members attending. Social distancing and the wearing of masks will be observed at all times, excluding when individuals are eating lunch. At this event, there will be opportunity to meet other newcomers, celebrate in the sharing of a meal together and participate in an activity that will delight all ages. Coordinator will call registered participants the day before to complete a health screen over the phone and to answer any questions</p> <p>Cost: Free When: Saturday September 26th Where: Centennial Park, 4000 Sherwood Drive, Sherwood Park Time: 11:30 a.m. – 1:30 p.m.</p> <p>How: REGISTRATION IS REQUIRED! Link below to register online OR you can also call our office at 780-464-4044 and one of our Solutions Navigators would be happy to register you for the event.</p> <p><u>https://www.strathcona.ca/community-families/parents-children-families/newcomer-connector/</u></p>	780-464-4044



Norwood Child & Family Resource Centre builds on the strengths of children and families through support and education to optimize child development and connect families to community.

<https://www.norwoodcentre.com/>

Courses Offered/Link

Contact

Parenting Through Change

Parenting is tough, parenting through change is even harder! Both parents and children live through change everyday and it can impact us in different ways. Share stories and engage in discussion with other parents each week as we navigate change together!

Cost: Free

Time: Wednesdays 7:30pm – 9:00pm, August 5th – October 28th

Location: Join us through Zoom.

Contact: Contact our facilitator JillianL@norwoodcentre.com or call 780-471-3737 for more information and to register!

<https://wellnessnetworkedmonton.com/courses/parenting-through-change-2020/>

780-471-3737



The Edmonton Chamber of Voluntary Organizations (ECVO) is a member-based nonprofit organization serving the nonprofit and charitable organizations in Metro Edmonton. ECVO helps organizations to build and sustain their volunteer programs and services through resources, networking, and skill development opportunities.

<https://ecvo.ca/>

Courses Offered/Link

Contact

Check out this link to see when courses/programs may be available

<https://wellnessnetworkedmonton.com/courses/?partner=edmonton-chamber-of-voluntary-organizations>

780-428-5487



EmployAbilities is a non-profit, charitable organization providing services to Albertans for 45 years. We work with adults and youth with medical conditions, permanent injuries, disabilities, mental health issues and barriers to employment. EmployAbilities is recognized as a leader in developing and managing programs, services and resources designed to reduce barriers for individuals and increase participation in the labour force.

<https://employabilities.ab.ca/>

Courses Offered/Link

Contact

Tech Smart

780-423-4106

#402, 10909 Jasper Ave

Cost: Free

Sessions are scheduled for October 9th & 23rd, 10:00 – 3:00pm

Please contact 780-423-4106 to register and secure your spot for in-class instruction.

<https://wellnessnetworkedmonton.com/courses/tech-smart-2020/>



OSP offers permanent and temporary employment services to individuals; with barriers to work as well as to employers who are looking to broaden their inclusive hiring practices. We work with our clients to identify strengths and skills to find the right employment match.

<http://osp.ab.ca/>

Courses Offered/Link

Contact

WHMIS

780-784-7170

#200 10025 106 Street

Cost: Free

Online Learning!

For more info:

Call Tracy at 780-784-7170

<https://wellnessnetworkedmonton.com/courses/whmis-2020/>



Community Linking Program

High quality social, recreation, and leisure programs for adults with addictions and/or mental health concerns offered at a low to no cost. It provides opportunities for individuals to socialize with others in their community, develop a wide variety of leisure skills and increase their awareness off leisure opportunities available in Edmonton.

Courses Offered/Link	Contact
<p>AMSA Art Programs – Online</p> <p>Cost: Free</p> <p>Visit the links below for FREE How To Art Videos!</p> <p>https://www.artmentorshipab.com/how-to-art-videos.html</p> <p>https://www.facebook.com/artmentorshipAB/</p> <p>https://www.youtube.com/channel/UC2Cfn2kLYPzGqzEf9DtUBTQ</p> <p>For more info: Contact AMSA: 780-705-7760 or artmentorshipab@gmail.com</p> <p>https://wellnessnetworkedmonton.com/courses/amsa-art-programs-2020-4/</p>	<p>780-705-7760</p>
<p>Clairview Fitness</p> <p>Clareview Community Recreation Centre</p> <p>Sep 18 - Dec 18</p> <p>11:00am - 12:15pm</p> <p>3804 -139 Ave</p> <p>Cost: Free with leisure access pass</p> <p>Fridays 11:00-12:15pm</p> <p>For more info contact Lisa: 780-405-1264</p> <p>Masks are mandatory in the main lobby, but not in the fitness centre while you are exercising. Masks will be provided if you do not have one.</p> <p>As the change rooms are closed, please wear your workout clothes to the facility (washrooms and small lockers in the fitness centre are still available.)</p> <p>Must pre-register at: https://movelearnplay.edmonton.ca/ or call 311</p> <p>https://wellnessnetworkedmonton.com/courses/calreview-fitness-2020/</p>	<p>780-405-1264</p>



<p>Prosper Place Social Recreation Prosper Place 10455 – 172 Street Cost: Free Time: Wednesdays 1:30 – 4:00pm Location: 10455 172 Street Contact: 780-426-7861 https://wellnessnetworkedmonton.com/courses/prosper-place-games-2019/</p>	780-426-7861
<p>Prosper Place Yoga 10455 – 172 Street Cost: Free Time: Thursdays 1:30-2:30 pm Contact: 780-426-7861 https://wellnessnetworkedmonton.com/courses/prosper-place-yoga-2020/</p>	780 426-7861
<p>Walking Group Cost: Free Time: Tuesdays and Thursdays 10:15 – 12:00pm Location: Recovery Supports Day Program (9942 108 Street) Contact: 780-342-7766 for more information. https://wellnessnetworkedmonton.com/courses/walking-club/</p>	780-342-7766



Momentum is a not for profit charity that offers a sliding scale to clients who face a financial barrier. (\$10-\$200) Momentum Walk-In Counselling specializes in providing Solution Focused, Single Session Therapy. We are a clinic that offers a method of treatment that produces real results in real time, not only relieving people of their emotional strain, but relieving some of the stress that is crippling the mental health system.

<https://www.momentumcounselling.org/>

Courses Offered/Link

Contact

Emotional Regulation – Online
<https://momentumcounselling.janeapp.com/#/discipline/7/treatment/11>

780-784-3492

Cost: Free

Wednesday Evenings **ONLINE**

We know that you may be feeling anxious about the events in our city and the world, uncertain about your health, finances and family, among many other concerns, and want you to know that we are still here for you. In response to the **COVID-19** pandemic, ALL group sessions at Momentum Walk-in Counselling will be provided using an online platform.

These meetings are weekly, ongoing, drop-in and confidential. The Emotional Regulation Group focuses on:

- Recognizing emotions in self and others
- Labeling and expressing emotions
- Understanding the causes and consequences of emotions
- Being in control of emotions more effectively

Wednesday September 30: Thinking Patterns

Wednesday October 7: Impact on Our Relationships

Wednesday October 14: Self Care and Management

<https://wellnessnetworkedmonton.com/courses/emotional-regulation-2020/>



AMSA is a non-profit art wellness organization that provides crucial access points for emerging artists in Edmonton, Alberta. AMSA art classes helps participants engage creatively and develop an art practice at their own pace, in a group setting.

<https://www.artmentorshipab.com/>

Courses Offered/Link	Contact
<p>AMSA Art Programs – Online</p> <p>Cost: Free</p> <p><i>Visit the links below for FREE How To Art Videos!</i></p> <p>https://www.artmentorshipab.com/how-to-art-videos.html</p> <p>https://www.facebook.com/artmentorshipAB/</p> <p>https://www.youtube.com/channel/UC2Cfn2kLYPzGqzEf9DtUBTQ</p> <p>For more info: Contact AMSA: 780-705-7760 or artmentorshipab@gmail.com</p> <p>https://wellnessnetworkedmonton.com/courses/amsa-art-programs-2020-4/</p>	<p>780-705-7760</p>