

Free Public Workshops

September 2024
 Recovery Alberta
 Mental Health Promotion
 & Illness Prevention



All workshops are open to all Albertans

Upcoming Workshops

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For more information or general questions,
 email: hpdip.mh.earlyid@recoveryalberta.ca

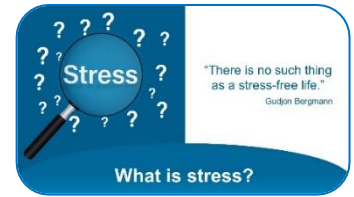


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D-Stress


This workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan, which may include stress management techniques introduced in the workshop.



Upcoming Online Workshops

- | | | |
|----------------------|---------------------|--|
| Sept 25, 2024 | 10:00 am – 12:00 pm | Click Here to Register |
| Oct 23, 2024 | 6:30 pm – 8:30 pm | Click Here to Register |
| Nov 27, 2024 | 10:00 am – 12:00 pm | Click Here to Register |

*AHS Staff can register through [MyLearningLink](#)

 For more information about D-Stress, email: MentalHealthPromotion@recoveryalberta.ca

Disaster Preparedness, Response, and Recovery Workshops

Emergency Preparedness (E-Prep)

E-Prep focuses on the importance of practical preparedness and psychosocial health and wellness in the event of an emergency or disaster. The objective of this workshop is to build capacity by promoting personal preparedness and cultivating psychological resilience. Facilitators will encourage individuals to discuss, explore, discover, and develop their own personal emergency plan.



Upcoming Online Workshops

- | | | |
|---------------------------|---------------------|--|
| September 18, 2024 | 9:30 am – 11:30 pm | Click Here to Register |
| October 24, 2024 | 1:00 pm – 3:00 pm | Click Here to Register |
| November 7, 2024 | 10:00 am – 12:00 pm | Click Here to Register |
| December 10, 2024 | 10:00 am – 12:00 pm | Click Here to Register |

*AHS Staff can register through [MyLearningLink](#)

Psychological First Aid (PFA)

PFA is an internationally recognized method of support intended to help people during and after a disaster or emergency. It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.



Upcoming Online Workshops

- | | | |
|--------------------------|--------------------|--|
| October 8, 2024 | 9:00 am – 12:00 pm | Click Here to Register |
| November 13, 2024 | 1:00 pm – 4:00 pm | Click Here to Register |

*AHS Staff can register through [MyLearningLink](#)

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Psychological First Aid for Indigenous Communities

This interactive workshop covers the same content as the general PFA workshop but with a greater focus on the needs of Indigenous peoples in a disaster. The goal is to support both Indigenous and non-Indigenous participants build the skills needed to provide inclusive and safe support in a disaster.

This workshop does not teach participants about specific Indigenous beliefs, traditions, or histories. It's intended to encourage participants to explore ways of offering support in a disaster that balances western and Indigenous views using a person-focused lens rather than a pan-Indigenous lens.

Upcoming Online Workshops

September 17, 2024	12:30 pm – 4:00 pm	Click Here to Register
October 29, 2024	8:30 am – 12:00 pm	Click Here to Register
November 28, 2024	8:30 am – 12:00 pm	Click Here to Register
December 4, 2024	12:30 pm – 4:00 pm	Click Here to Register

*AHS Staff can register through [MyLearningLink](#)

Psychosocial Disaster Learning Series (PDLs)

This self-directed 5-part learning series provides a foundational review of the skills learned during Psychological First Aid Training (PFA). Each chapter is intended to help update your knowledge prior to being deployed in a disaster. Note: This series does NOT replace PFA training.

[Click Here to Start Chapter 1-Psychosocial Needs During a Disaster](#)

[Click Here to Start Chapter 2-PFA in Disaster Response](#)

[Click Here to Start Chapter 3-The Four Principles of PFA](#)

[Click Here to Start Chapter 4-Self-Care During a Disaster](#)

[Click Here to Start Chapter 5-Principles in Action](#)


For more information about this self-directed learning series, go to: www.albertahealthservices.ca/info/Page17072.aspx

 For more information about Disaster Preparedness, Response, and Recovery workshops, email: hpdip.mh.earlyid@recoveryalberta.ca

Self-Care in Disaster Times & Beyond Toolkit

This free, easily adaptable, toolkit is ideal for individuals, teams, and organizations who are engaged in disaster and emergency response and recovery work. Whether you're a counsellor, faith leader, elder, first responder, healthcare provider, volunteer, or service worker, this toolkit has strategies designed to support your self-care needs before, during, and after this demanding work. The toolkit has activities, tools, and resources to support your wellness, help guide conversations, and assist with the development of personal, team, and organizational self-care planning.

[Click Here to Download the Toolkit](#)

 For questions about the toolkit, email: hpdip.mh.earlyid@recoveryalberta.ca

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Wellness Exchange

This 5-week series of skills-building wellness workshops are intended to help individuals increase their coping and self-efficacy through self-exploration and self-management.

Upcoming Online Workshops



Week 1: Problem-Solving

Learning ways to problem-solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make.

Sept 19, 2024

1:30 pm – 3:00 pm

[Click Here to Register](#)

Nov 5, 2024

6:30 pm – 8:00 pm

[Click Here to Register](#)



Week 2: Positive Activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

Sept 26, 2024

1:30 pm – 3:00 pm

[Click Here to Register](#)

Nov 12, 2024

6:30 pm – 8:00 pm

[Click Here to Register](#)



Week 3: Managing Reactions

Learning to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

Oct 3, 2024

1:30 pm – 3:00 pm

[Click Here to Register](#)

Nov 19, 2024

6:30 pm – 8:00 pm

[Click Here to Register](#)



Week 4: Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helping thinking improves our mood and reduce the intensity of our reactions.

Oct 10, 2024

1:30 pm – 3:00 pm

[Click Here to Register](#)

Nov 26, 2024

6:30 pm – 8:00 pm

[Click Here to Register](#)



Week 5: Healthy Connections

Social support and connecting with others help us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

Oct 17, 2024

1:30 pm – 3:00 pm

[Click Here to Register](#)

Dec 3, 2024

6:30 pm – 8:00 pm

[Click Here to Register](#)

*AHS Staff can register through [MyLearningLink](#)

 For more information about Wellness Exchange, email: AHSWellnessExchange@recoveryalberta.ca