

# Free Public Workshops

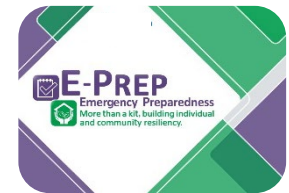
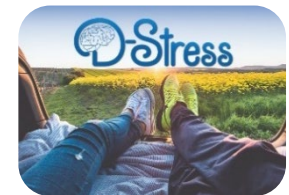
March 2024  
Mental Health Promotion  
& Illness Prevention



**All workshops are open to all Albertans**

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For more information, general questions, or to sign-up for workshop notifications email: [hp dip.mh.earlyid@ahs.ca](mailto:hp dip.mh.earlyid@ahs.ca)



# Free Public Workshops

March 2024  
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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.

**April 9, 2024**

10:30 am – 12:00 pm [Click Here to Register](#)

**May 16, 2024**

1:30 pm – 3:00 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.

**April 16, 2024**

10:30 am – 12:00 pm [Click Here to Register](#)

**May 23, 2024**

1:30 pm – 3:00 pm [Click Here to Register](#)



#### Week 3: Managing Reactions

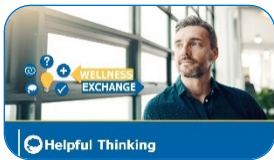
Learning to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

**April 23, 2024**

10:30 am – 12:00 pm [Click Here to Register](#)

**May 30, 2024**

1:30 pm – 3:00 pm [Click Here to Register](#)



#### Week 4: Helpful Thinking

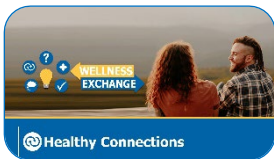
Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helping thinking improves our mood and reduce the intensity of our reactions.

**April 30, 2024**

10:30 am – 12:00 pm [Click Here to Register](#)

**June 6, 2024**

1:30 pm – 3:00 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.

**March 28, 2024**

6:30 pm – 8:00 pm [Click Here to Register](#)


**May 7, 2024**

10:30 am – 12:00 pm [Click Here to Register](#)

**June 13, 2024**

1:30 pm – 3:00 pm [Click Here to Register](#)

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

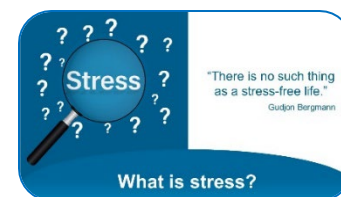
 For more information about Wellness Exchange,  
email: [AHSWellnessExchange@ahs.ca](mailto:AHSWellnessExchange@ahs.ca)

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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

<b>March 19, 2024</b>	1:30 pm – 3:30 pm	<a href="#">Click Here to Register</a>
<b>April 10, 2024</b>	6:30 pm – 8:30 pm	<a href="#">Click Here to Register</a>
<b>May 14, 2024</b>	10:30 am – 12:30 pm	<a href="#">Click Here to Register</a>
<b>May 30, 2024</b>	6:30 pm – 8:30 pm	<a href="#">Click Here to Register</a>

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

 For more information about D-Stress, email: [MentalHealthPromotion@ahs.ca](mailto:MentalHealthPromotion@ahs.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

<b>March 20, 2024</b>	10:00 am – 12:00 pm	<a href="#">Click Here to Register</a>
<b>April 24, 2024</b>	1:00 pm – 3:00 pm	<a href="#">Click Here to Register</a>
<b>May 22, 2024</b>	10:00 am – 12:00 pm	<a href="#">Click Here to Register</a>

### Special Emergency Preparedness Week Workshops, May 6 – 10

This is a condensed 1-hour version of the workshop to support Emergency Preparedness week. This workshop covers emotional, social, and 72-hour kit preparedness. All participants will receive a guidebook with additional information.

### Upcoming Online Workshops

<b>May 6, 2024</b>	10:00 am – 11:00 am	<a href="#">Click Here to Register</a>
<b>May 6, 2024</b>	7:00 pm – 8:00 pm	<a href="#">Click Here to Register</a>
<b>May 7, 2024</b>	9:00 am – 10:00 am	<a href="#">Click Here to Register</a>
<b>May 8, 2024</b>	2:00 pm – 3:00 pm	<a href="#">Click Here to Register</a>
<b>May 8, 2024</b>	6:30 pm – 7:30 pm	<a href="#">Click Here to Register</a>
<b>May 9, 2024</b>	10:00 am – 11:00 am	<a href="#">Click Here to Register</a>
<b>May 9, 2024</b>	1:30 pm – 2:30 pm	<a href="#">Click Here to Register</a>
<b>May 10, 2024</b>	10:00 am – 11:00 am	<a href="#">Click Here to Register</a>

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

# Free Public Workshops

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## 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

<b>March 27, 2024</b>	1:00 pm – 4:00 pm	<a href="#">Click Here to Register</a>
<b>April 25, 2024</b>	1:00 pm – 4:00 pm	<a href="#">Click Here to Register</a>
<b>May 2, 2024</b>	1:00 pm – 4:00 pm	<a href="#">Click Here to Register</a>

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

## Psychological First Aid for Supporting Indigenous Communities

For adults interested in learning how to identify common stress reactions and provide practical, culturally considerate support to people experiencing distress in a disaster.

This workshop is not intended to teach participants about specific cultural beliefs, traditions, history, or cultural competencies.

### Upcoming Online Workshops

<b>April 11, 2024</b>	12:30 pm – 4:00 pm	<a href="#">Click Here to Register</a>
<b>May 9, 2024</b>	8:30 am – 12:00 pm	<a href="#">Click Here to Register</a>
<b>June 11, 2024</b>	12:30 pm – 4:00 pm	<a href="#">Click Here to Register</a>
<b>June 18, 2024</b>	8:30 am – 12:00 pm	<a href="#">Click Here to Register</a>

\*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](http://www.albertahealthservices.ca/info/Page17072.aspx)

➤ For more information about Disaster Preparedness, Response, and Recovery workshops, email: [hpdip.mh.earlyid@ahs.ca](mailto:hpdip.mh.earlyid@ahs.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@ahs.ca](mailto:hpdip.mh.earlyid@ahs.ca)