

# Free Public Workshops

July 2024  
Mental Health Promotion  
& Illness Prevention



All workshops are open to all Albertans

## Upcoming Workshops

Wellness Exchange.....	2
D-Stress.....	2
Disaster Preparedness, Response, and Recovery Workshops .....	2
Emergency Preparedness (E-Prep).....	3
Psychological First Aid (PFA).....	3
Psychological First Aid for Supporting Indigenous Communities.....	3
Psychosocial Disaster Learning Series (PDLS) .....	3
Self-Care in Disaster Times & Beyond Toolkit.....	4



Have questions or  
comments? Email:  
[hpdp.mh.earlyid@ahs.ca](mailto:hpdp.mh.earlyid@ahs.ca)



# Free Public Workshops

July 2024  
Mental Health Promotion  
& Illness Prevention

## 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.

July 31, 2024 10:30 am – 12:00 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.

Aug 7, 2024 10:30 am – 12:00 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.

Aug 14, 2024 10:30 am – 12:00 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 helpful thinking improves our mood and reduce the intensity of our reactions.

Aug 21, 2024 10:30 am – 12:00 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.

Aug 28, 2024 10:30 am – 12:00 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)

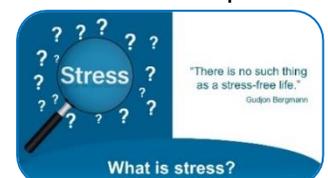
## D-Stress

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

Aug 15, 2024 1:30 pm – 3:30 pm [Click Here to Register](#)

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



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

# Free Public Workshops

July 2024  
Mental Health Promotion  
& Illness Prevention

## 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

**July 25, 2024** 1:00 pm – 3:00 pm [Click Here to Register](#)  
**August 8, 2024** 9:00 am – 11:00 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. 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

**Aug 13, 2024** 1:00 pm – 4:00 pm [Click Here to Register](#)

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

### Psychological First Aid for Indigenous Communities

In this workshop, participants will look at ways they can include both western and Indigenous views when offering support in a disaster. We will also discuss how PFA responders can provide culturally inclusive and safe support using a person-focused lens rather than a pan-Indigenous lens.

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

### Upcoming Online Workshops

**July 23, 2024** 8:30 am – 12:00 pm [Click Here to Register](#)  
**Aug 22, 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](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)

# Free Public Workshops

July 2024  
Mental Health Promotion  
& Illness Prevention

---

## 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: [hp dip.mh.earlyid@ahs.ca](mailto:hp dip.mh.earlyid@ahs.ca)