

Free Skill-Building Workshops

Winter 2025
Recovery Alberta
 Mental Health Promotion
 & Illness Prevention



Upcoming Free Workshops¹

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Workshops are delivered online via Zoom
 (available on smartphones, tablets, and computers).

¹ Workshops are intended for Alberta residents only.



Free Skill-building Workshops

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 from the workshop.

Upcoming Online Workshops

January 21, 2025 6:30 pm – 8:30 pm [Click Here to Register](#)

March 5, 2025 10:00 am – 12:00 pm [Click Here to Register](#)

*AHS, Recovery Alberta, and AHS Affiliate 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 uses a simple 3-step approach to help you prepare emotionally and practically for a disaster or emergency. During the workshop, we will discuss the importance of emotional and social preparedness and look at how to build a variety of emergency kits to suit your individual needs.

Upcoming Online Workshops

January 30, 2025 10:00 am – 11:00 am [Click Here to Register](#)

February 20, 2025 1:30 pm – 2:30 pm [Click Here to Register](#)

March 12, 2025 10:30 am – 11:30 am [Click Here to Register](#)

*AHS, Recovery Alberta, and AHS Affiliate 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

February 11, 2025 1:00 pm – 4:00 pm [Click Here to Register](#)

*AHS, Recovery Alberta, and AHS Affiliate Staff can register through [MyLearningLink](#)

Psychological First Aid for Supporting 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, histories, or cultural competency. 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

February 25, 2025 8:30 am – 12:00 pm [Click Here to Register](#)

*AHS, Recovery Alberta, and AHS Affiliate Staff can register through [MyLearningLink](#)

Free Skill-building Workshops

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: hp dip.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: hp dip.mh.earlyid@recoveryalberta.ca

Free Skill-building Workshops

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.

January 15, 2025	1:30 pm – 3:00 pm	Click Here to Register
March 6, 2025	10:30 am – 12:00 pm	Click Here to Register
May 13, 2025	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.

January 22, 2025	1:30 pm – 3:00 pm	Click Here to Register
March 13, 2025	10:30 am – 12:00 pm	Click Here to Register
May 20, 2025	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.

January 29, 2025	1:30 pm – 3:00 pm	Click Here to Register
March 20, 2025	10:30 am – 12:00 pm	Click Here to Register
May 27, 2025	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 helping thinking improves our mood and reduce the intensity of our reactions.

February 5, 2025	1:30 pm – 3:00 pm	Click Here to Register
March 27, 2025	10:30 am – 12:00 pm	Click Here to Register
June 3, 2025	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.

February 12, 2025	1:30 pm – 3:00 pm	Click Here to Register
April 3, 2025	10:30 am – 12:00 pm	Click Here to Register
June 10, 2025	10:30 am – 12:00 pm	Click Here to Register

*AHS, Recovery Alberta, and AHS Affiliate Staff can register through [MyLearningLink](#)



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