

# SHC Wellness Centre Program Guide

During the temporary closure of the South Health Campus Wellness Centre a variety of virtual programs are available for your convenience.

Continue to check back regularly as new programs will be added.

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)



Please see individual programs for registration information.

## Disclaimer

For any programs, events or activities listed which are not organized and provided exclusively by AHS or its staff, note that Alberta Health Services (AHS) is not involved in the operation or management of the Provider's services or business. The availability of the Provider's services or programs through the AHS SHC Wellness Centre should not be construed as an approval or endorsement by AHS. Although reasonable efforts were made by AHS to confirm the accuracy of any data, information or materials provided or shared in connection with the activities or sessions that form part of the Provider's services or programs (the "Materials"), AHS does not make any representation or warranty, express, implied or statutory as to the accuracy, reliability, completeness, applicability or suitability and fitness for a particular purpose of the Materials. The Materials are not a substitute for the assessment, advice and expertise of a qualified medical or health professional. AHS expressly disclaims all liability arising out of or in connection with the use of the Materials and for any claims, actions, demands or suits arising from such use. It is your responsibility to ensure that the Materials are used appropriately. The Materials should not be acted upon without seeking advice from your physician or other health care provider to determine whether the Materials or the activities or programs to which they relate are appropriate for you. AHS recommends that you visit and seek the advice of a qualified health care professional for individual and personal attention related to health and wellness matters and for answers to any questions regarding any medical condition.

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# Health Management

## Food, Nutrition & Cooking

### Mediterranean Style Eating for Health (Demo)

Learn how to eat Mediterranean!

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health or general well-being. Come discover the great flavors and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

**When:** November 3 OR December 9 12:00pm–1:30pm

**Registration:** <https://app.booking.ca/ahlpccalgarypub/index.asp>

**Program Provider:** SHC Registered Dietitians and the Wellness Kitchen in partnership with Alberta Healthy Living Program



- Wellness Kitchen



**Please see individual programs for registration information.**

### Cooking Your Way to Wellness in Pregnancy (Cook Along)

Need help with meal planning and preparation? Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

**Please note:** you will be provided a grocery list, equipment list and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

**When:** November 9 OR December 14 6:30pm–8:00pm

**Registration:** <https://app.booking.ca/ahrpub/courses/index.asp>

**Program Provider:** SHC Registered Dietitians and the Wellness Kitchen in partnership with Alberta Healthy Living Program



- Wellness Kitchen



Note: Programs are adult-focused and priority given to patients and support people. No referral required. If you are a healthcare provider and would like to attend for professional reasons please email us at [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

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# Health Management

## Food, Nutrition & Cooking

### Eating Well When Fatigued (Demo)

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands? This fun virtual cooking demonstration is for people who experience fatigue and physical limitations related to health conditions such as neurological conditions or arthritis. An Occupational Therapist and Registered Dietitian will teach you strategies to be successful in the kitchen and make healthier food choices.

**When:** November 18 1:00pm–2:30pm

**Registration:** <https://app.booking.ca/ahrpublish/courses/index.asp>

**Program Provider:** SHC Registered Dietitians and the Wellness Kitchen in partnership with Alberta Healthy Living Program



- Wellness Kitchen

Note: Programs are adult-focused and priority given to patients and support people. No referral required. If you are a healthcare provider and would like to attend for professional reasons please email us at [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

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### The 4 P's for Meal Planning: Cooking Edition! (Demo)

Learn tips on how to put nutrition knowledge into practice and the 4 P's: Plan, Purchase, Prepare and Pack. This class features a virtual cooking demonstration!

**When:** October 27 OR December 8 1:00pm–2:30pm

**Registration:** <https://app.booking.ca/ahlpublish/courses/index.asp>

**Program Provider:** SHC Registered Dietitians and the Wellness Kitchen in partnership with the Alberta Healthy Living Program



- Wellness Kitchen

Please see individual programs for registration information.

SHC Wellness Centre

# Health Management

## Food, Nutrition & Cooking

### Kidney Friendly Cooking Class (Demo)

Learn how to eat well when you have Chronic Kidney Disease. This cooking demonstration offers tips to prepare healthy meals and is led by a Registered Dietitian of the Kidney Care South Program.

This class is also suitable for patients on dialysis.

Join us from the comfort of your home for this virtual cooking demonstration.

**Prerequisite:** must be a patient of Alberta Kidney Care South or a support person of a patient of Alberta Kidney Care South.

**When:** November 10 12:00pm–1:30pm

**Registration:**

Sunridge patients call: 403-944-9892

Sheldon M. Chumir Centre patients call: 403-955-6605

Lethbridge patients call: 403-388-6038

**Program Provider:** Alberta Kidney Care South and the Wellness Kitchen



- Wellness Kitchen



Note: Programs are adult-focused and priority given to patients and support people. No referral required. If you are a healthcare provider and would like to attend for professional reasons please email us at [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

Continue to check back regularly as new programs will be added.

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)

### Tips for Eating: Prediabetes & Diabetes

Have you been diagnosed with prediabetes or Type 2 diabetes and not sure about what to eat? Are you interested in what to eat to prevent diabetes? Join a dietitian to learn more, including:

- How different foods can affect your blood sugars
- Tips to eat healthy while managing prediabetes and diabetes

**Registration:** <https://app.booking.ca/ahlp Calgary pub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

Please see individual programs for registration information.



## Health Management

### Food, Nutrition & Cooking

#### Eating Well with Fatty Liver Disease

If you have been diagnosed with non-alcoholic fatty liver disease (NAFLD), this class is for you! A dietitian will review:

- What is NAFLD
- Nutrition recommendations to manage NAFLD

**Registration:** <https://app.booking.ca/ahlpcalgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program



#### Heart Healthy Eating

Learn from a dietitian about nutrition and heart health.

The information reviewed includes:

- Heart healthy foods that also improve cholesterol, blood pressure and triglycerides
- Mediterranean-style eating
- Nutrition hot topics related to heart health

**Registration:** <https://app.booking.ca/ahlpcalgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

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Please see individual programs for registration information.

## Employment

### Finance, and Computers

#### Resume Writing and Work Search

This virtual workshop will help you take the next steps in your career. It runs for 4 full days Monday-Thursday each week. Each day of the workshop there are short video meetings followed by coaching and assignments. Career coaches will help you learn how to write resumes, cover letters, apply for work online, and network.

They will also share information about other free resources to help with your job search.

**Registration:** <https://ers.alberta.ca/AW-ResumeWriting.aspx>

**Information on other resources:** <https://www.alberta.ca/calgary-employment-services.aspx#toc-2>

**Program Provider:** Alberta Works.



# Employment Finance, and Computers

Please see individual programs for registration information.

## Virtual Money Management - Every Monday Night!

Complete all 5 Money Management classes and receive a certificate.

To view other virtual education: [www.momentum.org](http://www.momentum.org)

### Budgeting: Control your money

Understand the differences between needs and wants

- Learn how needs and wants affects your spending habits
- Learn to track your expenses
- Learn to put together a budget

**When:** October 25 @ 6:30pm - 8:30pm

**To register:** [www.momentum.org](http://www.momentum.org)

### Assets: Build your future

- Discover all the valuable qualities and things you have in life
- Learn how to use all your different types of assets to overcome challenges you face

**When:** November 1, 2021 @ 6:30pm - 8:30pm

**To register:** [www.momentum.org](http://www.momentum.org)

### Banking: Be a smart bank customer

- Learn about your banking options
- Learn how to select the right account for you
- Understand the different types of financial products available
- Learn how to use these products and services safely and efficiently

**When:** November 8, 2021 @ 6:30pm - 8:30pm

**To register:** [www.momentum.org](http://www.momentum.org)

### Credit: Take charge of it

- Learn about the different types of credit products and how to use them wisely
- Learn ways to pay down your debt
- Get resources as to where you can turn for help

**When:** November 15, 2021 @ 6:30pm - 8:30pm

**To register:** [www.momentum.org](http://www.momentum.org)

### Consumerism: Decide for yourself

- Become more aware of the impact consumerism and advertising has on your spending
- Learn about alternatives to consumerism

**When:** November 22, 2021 @ 6:30pm - 8:30pm

**To register:** [www.momentum.org](http://www.momentum.org)



Momentum is a change-making organization that acts as a bridge by taking an economic approach to poverty reduction and adding a social perspective to economic development initiatives.

Our programs are holistic, covering everything from financial literacy, entrepreneurship and employment training, to developing communication skills, building self-confidence and establishing positive social networks.

## Employment Finance, and Computers

Financial Concierge™ provides professional, personalized, confidential financial services for older adults, in-home wherever possible and remotely when required. We provide day-to-day financial management, document organization and estate administration services. Virtual presentations available the 1st Tuesday of every month.

### Speaking Topics:

**October 26** from 1:00pm–2:00pm: **Is it time to hang up the car keys?**

**Registration:** <https://www.eventbrite.ca/e/aging-in-place-is-it-time-to-hang-up-the-car-keys-tickets-188749905047>

**November 2** from 1:00pm–2:00pm: **Basic Wills: Why & How?**

**Registration:** <https://www.eventbrite.ca/e/aging-in-place-basic-wills-why-and-how-tickets-188771710267>

**November 9** from 1:00pm–2:00pm: **Taking Over a Parent's Finances**

**Registration:** <https://www.eventbrite.ca/e/aging-in-place-taking-over-a-parents-finances-tickets-188743696477>

**November 16** from 1:00pm–2:00pm: **Leave my house... but to go where?**

**Registration:** <https://www.eventbrite.ca/e/aging-in-place-leave-my-house-and-go-where-tickets-188747708477>

**Registration for all presentations available through Eventbrite**



Please see individual programs for registration information.

Continue to check back regularly as new programs will be added.

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)

## Support Groups

### Narcotics Anonymous

NA members share recovery with others where drugs or other addictions have become a major problem. Members are recovering addicts who meet regularly to help each other stay clean. This online group has a variety of dates and times available, visit the registration website for details.

**Registration:** <https://chinookna.org>

**Program Provider:** Narcotics Anonymous



# Support Groups

## Alzheimer Society Calgary

Visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca) for upcoming webinars.

### Young-onset Dementia: The Known and The New

Together, we will discuss the causes, symptoms and signs, diagnosis and management of young-onset dementia. It will also focus on strategies for living well and we will explore additional strategies to help caregivers support their person with young-onset dementia.

**When:** Thursday, October 28, 2021 10:00am - 11:30am

**Registration:** [www.alzheimercalgary.ca/learn/attend-a-session](http://www.alzheimercalgary.ca/learn/attend-a-session)

### Presentation by an Expert: Dementia in Women

Join learning specialist Padmaja Genesh and Dr. Mangat to learn about dementia in women. Women are affected differently by dementia. With a higher lifetime risk and a greater tendency to take on the role of caregiver, how can we as women best prepare ourselves for the future?

**When:** Tuesday, November 16, 2021 10:30am - 11:30am

**Registration:** [www.alzheimercalgary.ca/learn/attend-a-session](http://www.alzheimercalgary.ca/learn/attend-a-session)

**Program provider:** Alzheimer Society Calgary



Please see individual programs for registration information.

## Alcoholics Anonymous, Calgary

The primary purpose of AA is to stay sober and help other alcoholics by sharing experiences, strength and hope.

For more information: [www.calgaryaa.org](http://www.calgaryaa.org)

Email: [centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)

24 hour a day / 7 Days a week: 403-777-1212

### Meeting Guide:

(FREE app on Google Playstore or Apple Store)

Brought to you by Alcoholics Anonymous World Services, Inc., Meeting Guide is a free of charge app that provides meeting information from A.A. service entities in an easy-to-access format. Over 100,000 A.A. meetings are currently listed. The information is refreshed twice daily by relaying meeting information from more than 300 A.A. service entities; area, district, intergroup/central offices, and international General Service Office websites.

**Program provider:** Alcoholics Anonymous



# Support Groups



## Wellspring, Calgary

Wellspring Calgary has been building a supportive cancer community since 2007. We support anyone living with any type of cancer, at any point on their journey – those diagnosed, caregivers and kids. Our vision is that no one has to face cancer alone. Virtual programs are available free of charge and without referral to anyone living with cancer – those diagnosed, their caregivers and their kids. Most programs require membership; however, some programs are open to the general public. Please visit our website at [www.wellspring.ca](http://www.wellspring.ca)

### Transitioning through the different stages of the cancer journey:

#### Life after cancer treatments

This group discussion is for patients, caregivers and family members who have gone through at least one course of cancer treatment through the cancer centre. A treatment course may involve surgery, chemotherapy, and/or radiation therapy, usually over a period of weeks to months.

**When:** Tuesday, October 19

**Virtual Programming Public Registration:** <https://wel.gametime.net/cne/public/list>

**Provider:** Wellspring, Calgary

#### The Best Intentions: the Words, the Actions, the Results

In this interactive, virtual session, attendees will discuss the positive steps that turn conflicts into meaningful problem-solving discussions.

**When:** Thursday, October 28

**Virtual Programming Public Registration:** <https://wel.gametime.net/cne/public/list>

**Provider:** Wellspring, Calgary

Call 587.747.0260 during business hours if you have any questions.

Please see individual programs for registration information.

Continue to check back regularly as new programs will be added.

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)

## Parents and Parents-To-Be

### Our virtual classes are interactive, fun, and social!

We promise this is more than a simple online class. It will be an engaging classroom experience that provides you a way to meet other parents and have real-time contact with our experienced educators.

### Mealtime Struggles to Mealtime Success

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. This class is for parents and caregivers with children 1-5 years of age. Adults only please. This class has a variety of dates and times available, visit the registration website for details.

**Registration:** [www.birthandbabies.com](http://www.birthandbabies.com)

**Program Provider:** AHS Birth and Babies

### Sleep Like a Baby

For expectant parents and parents of babies under three months. Come to this two-hour class to learn about normal newborn sleep patterns, parents' expectations about sleep, how to handle feeling exhausted, and where to find resources to help new parents. This class has a variety of dates and times available, visit the registration website for details.

**Registration:** [www.birthandbabies.com](http://www.birthandbabies.com)

**Program Provider:** AHS Birth and Babies

For the complete list of classes and education offered visit: [www.birthandbabies.com](http://www.birthandbabies.com)



### Bedtime Storytime - Virtual

Join us online for evening, cozy bedtime stories, songs, and finger plays for the whole family to settle and get ready for bed.

**When:** Takes place Tuesdays and Thursdays at 6:30pm.

**Audience:** Adults & Kids

**Ages:** 0-8 years (A caregiver is required.)

**Registration required:** [www.calgarylibrary.ca](http://www.calgarylibrary.ca)

**Program provider:** Calgary Library

### Family Storytime - Virtual

Join us for stories, songs, and finger plays the whole family can enjoy.

**When:** Wednesdays and Fridays, 10:30am - 11:00am

**Audience:** Adults & Kids

**Ages:** 0-8 years (A caregiver is required.)

**Registration required:** [www.calgarylibrary.ca](http://www.calgarylibrary.ca)

**Program provider:** Calgary Library

Visit the Calgary Library on-line at [www.calgarylibrary.ca](http://www.calgarylibrary.ca) for other virtual programs



Please see individual programs for registration information.



## Emotional Wellbeing



### Transform Your Stress: The Resilience Advantage™ — Strategies for Managing Stress in Challenging Times

**Part 1:** Led by AHS Certified professionals, this interactive workshop includes a basic discussion of stress plus looks at different ways to manage stress, including 2 HeartMath® breathing techniques. Participants will come away with an understanding of the impact of emotions on the body plus an action plan to address their own stress.

**When:** Thursday November 4, 2021 from 6:30pm to 8:30pm

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_iBtMmg1mQtGdnJonx-Busw](https://albertahealthservices.zoom.us/webinar/register/WN_iBtMmg1mQtGdnJonx-Busw)

**Part 2:** Led by AHS Certified professionals, this interactive workshop will discuss perception, decision-making and communication using the HeartMath® tools taught in Part 1.

**Please Note:** This is a continuation from concepts learned in Part 1, so completion of Part 1 is essential prior to taking Part 2.

**When:** Thursday, November 25, 2021 from 6:30pm to 8:00pm

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_flUBuIXfQFaNLG9Kfa2BBw](https://albertahealthservices.zoom.us/webinar/register/WN_flUBuIXfQFaNLG9Kfa2BBw)

**Program Provider:** AHS HeartMath

**For more information on the upcoming courses, email [ahs.heartmath@ahs.ca](mailto:ahs.heartmath@ahs.ca)**

### Living with Stress

Learn about the sources and signs of stress, healthy ways to cope and manage and how to develop a personal plan to address the stress in your life! This class has a variety of dates and times available, visit the registration website for details.

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program



### Try a Little Self-Kindness

This virtual session is for those looking to improve their ability to positively cope with their chronic health condition and the ups and down it brings. This class has a variety of dates and times available, visit the registration website for details.

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

# Emotional Wellbeing



## Canadian Mental Health Association

Calgary Region: CMHA Calgary

Peer support program services can still be accessed over the phone at 403-297-1402 or through email at [peer@cmha.calgary.ab.ca](mailto:peer@cmha.calgary.ab.ca). The emails and phone calls will be responded to in a timely manner based on volume received between the hours of 11 am – 3 pm on Mondays, Wednesdays, Thursdays, and Fridays, and 1pm – 7pm on Tuesdays.

**Please note:** CMHA Calgary does not provide intervention for individuals contemplating suicide. If you or someone you know is considering suicide, please call the Distress Centre's 24-hr Crisis Line at (403) 266-HELP or visit their website. If you or a person you know is at immediate risk of harming self or others, please call 9-1-1.

**The Recovery Recreation program** is available to clients already enrolled in other CMHA Calgary programs (including Recovery College). The program focuses on enhancing self-esteem, building confidence and promoting recovery in a safe, empowering environment through participation in social and recreational activities.

If you have any further questions, please do not hesitate to contact us at 403-297-1700 or email [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca).

## Recovery College Virtual Courses

### Feel Good Friday's Drop In

It's always a good day to feel good! Enter your weekend feeling energized and empowered by engaging in a unique activity or talking about a different topic every Friday. Feel Good Fridays offers a safe and judgment-free space to feel good.

**When:** Friday Oct 22, 2021 11:30pm to 3:30pm MDT

**Registration:** [www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)

**Program Provider:** CMHA (Canadian Mental Health Association), Calgary



### Managing Your Inner Critic

We're all our own worst critics! This course explores how you identify with yourself and your behaviors. In a group setting and individually, you will learn how to build strategies to challenge and deal with negative thoughts. This course is recommended for individuals between the ages of 16 to 24 years old.

**When:** October 27 and Wednesday Nov 3, 2021 (2 sessions) 2:00pm to 4:00pm MDT

**Registration:** [www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)

**Program Provider:** CMHA (Canadian Mental Health Association), Calgary

SHC Wellness Centre

## Emotional Wellbeing

### Fall 2021 Parent Lunch & Learn Series

Children's Grief Centre provides the right support, in the right way, at the right time.

For some families the right support may be individual or family counselling during a

life-threatening illness or after a death; for others it may be attending a structured support group.

We have also heard from many parents that they would appreciate brief, concrete, direct and accessible information as they navigate new situations with their grief and their children's grief.

Our new Lunch & Learns Series is designed to meet the needs of parents/caregivers of children and teens who are grieving and the general public as well as professionals who seek to better understand how to support grieving children, teens and families.

Sessions are recorded and will be accessible on our website.

**Information:** <https://www.hospicecalgary.ca/childrens-grief-centre/>

### How To Talk with Children About Advanced Illness (Online via Zoom)

When someone in the family has a life-threatening illness, the whole family is impacted by the many changes, the concerns and the unknown. Adults may choose to avoid talking to children about the illness to protect them from pain and distress. However, when children are not informed, they often feel excluded, alone and isolated. It's important to consider that children will feel something is going on in their family even when they are not told. They may even think that they have caused the anxiety and unsettled state of their family.

**When:** Wednesday October 27, 2021 12:00pm – 1:00pm MDT

**Registration:** <https://www.hospicecalgary.ca/parent-series/>

**Program Provider:** Children's Grief Centre

### When Grief is Complicated (Online via Zoom)

Grief is how we respond when we experience loss. Everyone experiences grief and many people associate grief with the death of someone close to them. Grief is also a common reaction when someone in their lives is diagnosed with a life-threatening illness. Grief is complicated.

**When:** Wednesday, November 10, 2021 12:00pm – 1:00pm MST

**Registration:** <https://www.hospicecalgary.ca/parent-series/>

**Program Provider:** Children's Grief Centre

### Meditation

Enjoy virtual meditation Thursday evenings. Each session includes light yoga, breathing techniques, meditation and some wisdom. Please note, video must be on for participants during session.

**When:** Every Thursday in October (October 14th, 21st and 28th) from 8pm - 9pm

**Registration:** <https://artoflivingca.zoom.us/j/88423429508>

**Program Provider:** iMeditate



Please see individual programs for registration information.

# Emotional Wellbeing



## Wellness Exchange

**What:** “Wellness Exchange” is a free online class with five topics related to wellness – one topic per week.

**Where:** Online (via smartphone, tablet, or computer).

**When:** (NEW!) Mondays, 2:00pm – 3:00pm November 8 to December 6, 2021

**Who:** Anyone interested in learning skills to cope with change, deal with stress, and pursue goals is welcome.

**Registration:** Register for any topic of interest. No need to attend all of the sessions.

### Week 1 Problem Solving

It's important to clearly define our problems and look at all possible solutions.

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

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_\\_HjXgVhGQFqUXHJhGpCbKg](https://albertahealthservices.zoom.us/webinar/register/WN__HjXgVhGQFqUXHJhGpCbKg)

### Week 2 Positive Activities

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

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_5KgeckJuTg-fG0s8zBEilw](https://albertahealthservices.zoom.us/webinar/register/WN_5KgeckJuTg-fG0s8zBEilw)

### Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able 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.

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_V0W0kMgiRwvNjNpw3AmEQ](https://albertahealthservices.zoom.us/webinar/register/WN_V0W0kMgiRwvNjNpw3AmEQ)

### 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 patterns to include helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_-fH-o86ZQ3qlt5EBxx4Q3Q](https://albertahealthservices.zoom.us/webinar/register/WN_-fH-o86ZQ3qlt5EBxx4Q3Q)

### Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation that can occur when stressor increase. Building healthy social connections helps increase our confidence, overall effectiveness, and flexibility when handling life-changing events and problems.

**Registration:** [https://albertahealthservices.zoom.us/webinar/register/WN\\_ou7i0fxnTL6LctRCZlz89w](https://albertahealthservices.zoom.us/webinar/register/WN_ou7i0fxnTL6LctRCZlz89w)

**Program Provider:** AHS Mental Health Promotion & Illness Prevention

**Questions:** [AHSWellnessExchange@ahs.ca](mailto:AHSWellnessExchange@ahs.ca)

# Active Lifestyle

## Steady on Your Feet

This 2-part class reviews:

- The risks of falling
- How to decrease your chance of falling.

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

## Get Active, Stay Active

Discover how sedentary behavior affects your health and how exercise can help prevent and manage chronic health conditions. Learn how to set physical activity goals. This 1-hour video provides a framework as you learn how to exercise safely and effectively while managing your chronic health condition(s). The following will be reviewed:

- The benefits of exercise
- Components of an exercise program (cardiovascular, strength, balance and flexibility)
- Planning for success in exercising regularly
- Considerations when exercising with chronic health condition(s) including arthritis, COPD, diabetes, heart disease and/or pain.

This class does not include any participation in physical activity nor does it provide an exercise plan. You can watch the video at any time and as many times as you want.

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

## Planning for Success with Exercise

This 32 minute video will give you the tools you need to be confident in making lifestyle changes, setting goals, and adding exercise to your routine. It is important to find the right motivation to keep going! Common stumbling blocks to success and how to overcome them will also be discussed.

You can watch this video at any time and as many times as you want.

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program



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**Please see individual programs for registration information.**

Continue to check back regularly as new programs will be added.

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)

SHC Wellness Centre

## Kids, Tweens and Teens

### Kids Have Stress Too™

This FREE webinar is an introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

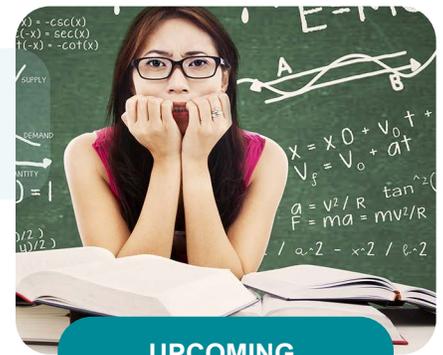
**Registration:** <http://community.hmhc.ca> or use QR Code

**Contact:** [CES@ahs.ca](mailto:CES@ahs.ca) • 403 955-4730

**Program Provider:** Community Education Service

Allison Salazar, MA School Counselling & Stephanie Sands BSc

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with RVS, MHCB Stepping Stones to Mental Health.



### UPCOMING CES WEBINARS

- Girls and Covid Nine-Teen
- Real Talk: Break the Cycle of Domestic Violence
- AND More

## Health Management General

Please see individual programs for registration information.

### Conserving Your Energy

Are your symptoms of fatigue interfering with daily life? This 2-session class with an occupational therapist will help you understand:

- The different types of fatigue
- What may be making your fatigue worse
- How to identify different types of fatigue
- How to address extreme fatigue symptoms
- Strategies for managing your fatigue

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

### Waking up to Healthy Sleep

This class will review:

- What can interfere with sleep
- How to develop healthy sleep habits and identify behaviours that are not helping sleep
- Practical ways to help improve sleep

**Registration:** <https://app.booking.ca/ahlp Calgarypub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

### Other Alberta Healthy Living Programs:

- Better Choices, Better Health®
- Health & Exercise Wellness Journey
- Managing Stress
- Understanding Food Labels

For a complete list visit:  
[www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

SHC Wellness Centre

# Program Guide

[www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)

## Health Management Chronic Conditions

### Arthritis Talks: Get Active & Stay Active

Join physiotherapist Trevor Donald in an Arthritis Talks focused on getting active and staying active. This webinar will discuss:

- How to become active when you've never been active before
- Exercises appropriate for people in pain
- When it's appropriate to take your physical activity to the next level

If you have any questions that you would like to submit in advance or if you would like to have an Arthritis Society volunteer help guide you through connecting to a webinar please email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca).

**Registration:** <https://arthritis.ca/support-education/arthritis-talks>

**When:** Wednesday, October 20, 2021, 6pm - 7pm ET/ 4pm - 5pm MT

**Program Provider:** Arthritis Society



Please see individual programs for registration information.

## Health Management Chronic Conditions

### Parkinson's 101

Adults diagnosed with Parkinson's, their families and support people can benefit from this class.

This class reviews:

- What is Parkinson's disease
- How symptoms of Parkinson's disease are controlled
- What are the different treatment options for Parkinson's disease
- What resources are available in the community

**Registration:** <https://app.booking.ca/ahlp Calgary pub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

### Parkinson's Medication Information

Adults diagnosed with Parkinson's, their families and support people can benefit from this class. This 2-hour class provides an overview of Parkinson's medications and why they are prescribed.

**Registration:** <https://app.booking.ca/ahlp Calgary pub/index.asp>

**Information:** [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

**Program Provider:** Alberta Healthy Living Program

