

April 2024 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health
– Right from Home!

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage their diabetes.

Overview

April 3 - Wed Evening - 5:30-8pm

April 11 - Thurs Afternoon - 1:30-4pm

April 11 - Thurs Morning - 9:30-12pm

Nutrition

April 10 - Wed Evening - 5:30-8pm

April 18 - Thurs Afternoon - 1:30-4pm

April 18 - Thurs Morning - 9:30-12pm

Ongoing Care

April 17 - Wed Evening - 5:30-8pm

April 25 - Thurs Afternoon - 1:30-4pm

April 25 - Thurs Morning - 9:30-12pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

Overview & Prevention

April 10 - Wed Afternoon - 1:30-4pm

April 25 - Thurs Evening - 5:30-8pm

Nutrition

April 17 - Wed Afternoon - 1:30-4pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

April 8 & 15 - Mon Evening - 5:30-8pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

Living with a Chronic Condition

Mar 14 – Apr 18 Thurs 6:00pm to 8:30pm

Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1—Classes 1.1, 1.2, & 1.3

Apr 10, 17, 24 - Wed Evenings - 5:30pm-8:00pm

April 11, 18, & 25 – Thurs Mornings - 9:30am-12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

April 15, 22, 29 – Mon Evenings - 5:30pm-

8:00pm

Series 3—Classes 3.1 & 3.2

April 9 & 16 - Tues Mornings - 9:30am-12:00pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/ session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Mar 18- April 24 Mondays & Wednesdays
Afternoons 1:00-2:30pm
Evenings 6:00-7:30pm

April 9- May 16 Tuesdays & Thursdays
Mornings 10:00-11:30am
Afternoons 1:00-2:30pm

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

April 18 - Thurs Morning - 9:30-12pm

Help using Zoom is available



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Alberta Healthy Living
Program

Exercise Program

Experience the health benefits!

Learn to exercise safely while living
with a health condition.

Upcoming Sessions:

Mar 18- April 24

Mondays & Wednesdays

Afternoons @ 1:00-2:30pm

Evenings @ 6:00-7:30pm

April 9- May 16

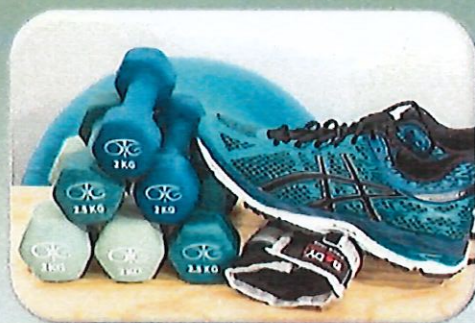
Tuesdays & Thursdays

Mornings @ 10:00-11:30am

Afternoons @ 1:00-2:30pm

Free Exercise Program

- Are you ready to commit?
- Tailored to your fitness level
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely
- Use Zoom in your own home



Visit www.healthylivingprogram.ca

Or [Click here to connect](#) with our

exercise team

If you are an adult living with one or more chronic health conditions, join this safe, fun and interactive small group setting.



For more information call

1-877-349-5711



**Alberta Health
Services**

Alberta Healthy Living
Program

Caregiver Education Team Newsletter

April 2024



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Understanding Autism

For parents and caregivers supporting teens in grades K-12.

Tuesday, April 2
12:00 – 1:00 pm

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12.

Part 1:
Tuesday, April 9
12:00 – 1:00 pm

Part 2:
Tuesday, April 16
12:00 – 1:00 pm

Caregiver Education Sessions

Keeping Scattered Kids on Track *Supporting Children and Youth with ADHD*

For parents and caregivers of children and youth in grades K-12

Part 1:
Thursday, April 18
12:00 – 1:00 pm

Part 2:
Thursday, April 25
12:00 – 1:00 pm

Adult Education Sessions

NEW! Wellness Exchange Series

For adults supporting their own wellness or the wellness of a loved one.

Part 1: Problem Solving
Wednesday, April 3
6:00 – 7:30 pm

Part 2: Positive Activities
Wednesday, April 17
6:00 – 7:30 pm

See below for May Wellness Exchange sessions.

Sessions at a Glance

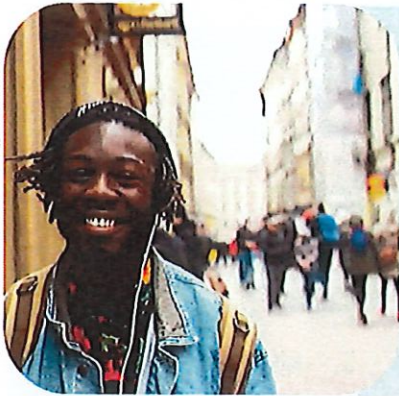


Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 2024



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Tuesday, April 2, 2024

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Parenting Teens in the 21st Century

Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager, teen development, and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

Date: Tuesday, April 9, 2024

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Part 2: Parent Responsiveness

Date: Tuesday, April 16, 2024

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I appreciate being able to attend these sessions from home. Always come away with good advice and reminders. Thank you!"

"Particularly well presented! Very impressed. Perfect time and length."

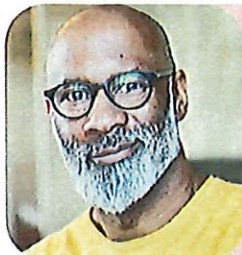


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Adult Education Sessions

April 2024



Wellness Exchange is a series of skill-building workshops that are modelled after the evidence-informed disaster recovery intervention found in *Skills for Psychological Recovery (SPR)*, applying the same action-oriented approach to non-disaster situations such as managing life's daily stressors.

Wellness Exchange Series

The goal of Wellness Exchange Workshops is to help increase our ability to cope with change, build resilience, and improve our overall well-being.

Skills are taught in a series of 5 different workshops, each workshop focusing on a new skill.

Participants are welcome to join one or more sessions in the series.

Session 1: Problem Solving

In this session, we will practice problem-solving skills that help us clearly define our problems and look at a variety of possible solutions, address the entire situation and influence what we can, and increase our confidence in the decisions we make.

Date: Wednesday, April 3, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 2: Positive Activities

In this session, we will consider and plan for regular positive activities that help us feel more connected to ourselves, our values, and others, increase our sense of hope, meaning, and purpose, and improve our physical and emotional health.

Date: Wednesday, April 17, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 3: Managing Reactions

In this session, we will look at how managing our reactions can help us protect our well-being, maintain our healthy connections, make effective decisions, and respond to stressors in healthy ways.

Date: Wednesday, May 1, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"Thanks for offering this topic. Your insight and knowledge are really appreciated. Thanks so much."

"Thank you for the wonderful webinar that was presented."

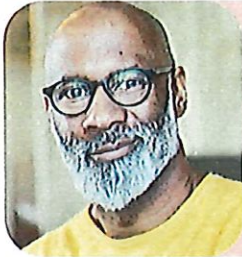


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Session 4: Helpful Thinking

In this session, we will practice ways to improve our helpful thinking skills to increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Date: Wednesday, May 15, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 5: Healthy Connections

In this session, we will look at ways we can build and maintain our healthy connections to increase our confidence, provide us with a sense of belonging, reduce isolation, and build our coping skills and increase our resiliency.

Date: Wednesday, May 29, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Wellness Exchange was developed by the Mental Health Promotion & Illness Prevention Program and the Urgent Mental Health Outreach Team. It has been adapted from the Skills for Psychological Recovery: Field Operations guide with permission from the National Centre for PTSD. ©2021, Alberta Health Services.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Wellness Exchange workshops are not group therapy, nor are they a substitute for the advice of a qualified health professional. The material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm that accuracy of the information, Alberta Health Services does not make any representation or warranty, express implied or statutory, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.



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