

# North Zone Mental Health & Addiction Virtual Workshops

**No registration required, join by zoom link and passcode**

## Wellness Exchange

**Mondays, March 31 to April 28, 2025 10:00 am - 11:30am**

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being.

Wellness Exchange		
Problem Solving	March 31	<a href="https://albertahealthservices.zoom.us/j/63784660700?pwd=8n9sE4rk05KiA73nubfbF3NIYOKGxP.1">https://albertahealthservices.zoom.us/j/63784660700?pwd=8n9sE4rk05KiA73nubfbF3NIYOKGxP.1</a> Meeting ID: 637 8466 0700 Passcode: 658492
Positive Activities	April 7	<a href="https://albertahealthservices.zoom.us/j/63272860979?pwd=WeSYjCg5ialR0AMvvacgrgbbCfNeCs.1">https://albertahealthservices.zoom.us/j/63272860979?pwd=WeSYjCg5ialR0AMvvacgrgbbCfNeCs.1</a> Meeting ID: 632 7286 0979 Passcode: 601056
Managing Reactions	April 14	<a href="https://albertahealthservices.zoom.us/j/63949512963?pwd=gCf7taKUIb35VIs2Iuvu1Hwn039GpG.1">https://albertahealthservices.zoom.us/j/63949512963?pwd=gCf7taKUIb35VIs2Iuvu1Hwn039GpG.1</a> Meeting ID: 639 4951 2963 Passcode: 576722
Helpful Thinking	April 21	<a href="https://albertahealthservices.zoom.us/j/68404017382?pwd=VL4FAnFXHtWBMRYpuAYCWztJiCYwNg.1">https://albertahealthservices.zoom.us/j/68404017382?pwd=VL4FAnFXHtWBMRYpuAYCWztJiCYwNg.1</a> Meeting ID: 684 0401 7382 Passcode: 052562
Healthy Connections	April 28	<a href="https://albertahealthservices.zoom.us/j/63826904228?pwd=xlsHh4dSI0xqxrLKD9pmU5zYej8Yzq.1">https://albertahealthservices.zoom.us/j/63826904228?pwd=xlsHh4dSI0xqxrLKD9pmU5zYej8Yzq.1</a> Meeting ID: 638 2690 4228 Passcode: 739554

## D- Stress

**Thursdays, January 23 & April 24, 2025 9:00am – 11:00am**

This interactive workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health.

D- Stress	
January 23	<a href="https://albertahealthservices.zoom.us/j/69250871312?pwd=FZmog7SwVlBkPbm6dnjAlb4A96mpVV.1">https://albertahealthservices.zoom.us/j/69250871312?pwd=FZmog7SwVlBkPbm6dnjAlb4A96mpVV.1</a> Meeting ID: 692 5087 1312 Passcode: 993093
April 24	<a href="https://albertahealthservices.zoom.us/j/69627480264?pwd=W4VYa0KK1t3kD7SDOHgJW0BU05x9x0.1">https://albertahealthservices.zoom.us/j/69627480264?pwd=W4VYa0KK1t3kD7SDOHgJW0BU05x9x0.1</a> Meeting ID: 696 2748 0264 Passcode: 095596

### Relationship Skills Series

**Wednesdays, April 9 to April 30, 2025 10:00am – 11:00am**

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others.

Relationship Series		
Boundaries	April 9	<a href="https://albertahealthservices.zoom.us/j/67424610384?pwd=Asf5bO2PFgLiHZqgMyKjySgSM2CfnQ.1">https://albertahealthservices.zoom.us/j/67424610384?pwd=Asf5bO2PFgLiHZqgMyKjySgSM2CfnQ.1</a> Meeting ID: 674 2461 0384 Passcode: 354957
Communication	April 16	<a href="https://albertahealthservices.zoom.us/j/63864985834?pwd=62w5XM0xX2qw8GNJK02iuCCfcW9jav.1">https://albertahealthservices.zoom.us/j/63864985834?pwd=62w5XM0xX2qw8GNJK02iuCCfcW9jav.1</a> Meeting ID: 638 6498 5834 Passcode: 933817
Building Trust	April 23	<a href="https://albertahealthservices.zoom.us/j/61657855359?pwd=WbLicJ5yqZOu5mjFXkA9ehLpHpBKPg.1">https://albertahealthservices.zoom.us/j/61657855359?pwd=WbLicJ5yqZOu5mjFXkA9ehLpHpBKPg.1</a> Meeting ID: 616 5785 5359 Passcode: 025928
Relationship with Self	April 30	<a href="https://albertahealthservices.zoom.us/j/61843078338?pwd=vaNaVbTPmppvDSC2EkxQkGEgZV1IRQ.1">https://albertahealthservices.zoom.us/j/61843078338?pwd=vaNaVbTPmppvDSC2EkxQkGEgZV1IRQ.1</a> Meeting ID: 618 4307 8338 Passcode: 617611

### Learning to Live with Anxiety Series

**Tuesdays, February 25 to March 25, 2025 10:00am – 11:30am**

A series of five sessions to help understand anxiety, and support skill building and coping

Learning to Live with Anxiety Series		
Reframing your Thoughts	February 25	<a href="https://albertahealthservices.zoom.us/j/69274905360?pwd=IYFhqcyJzOzhS2RnjFfMWraQB6b5gF.1">https://albertahealthservices.zoom.us/j/69274905360?pwd=IYFhqcyJzOzhS2RnjFfMWraQB6b5gF.1</a> Meeting ID: 692 7490 5360 Passcode: 724173
Mind- Body Connection	March 4	<a href="https://albertahealthservices.zoom.us/j/63237323319?pwd=qTs6uKitHw4pcPQx0S9EBUsVp7Mofe.1">https://albertahealthservices.zoom.us/j/63237323319?pwd=qTs6uKitHw4pcPQx0S9EBUsVp7Mofe.1</a> Meeting ID: 632 3732 3319 Passcode: 916091
Tolerating Discomfort	March 11	<a href="https://albertahealthservices.zoom.us/j/61108779309?pwd=W2YOIQBSoY13QNYMsp0eLXcckla6pK.1">https://albertahealthservices.zoom.us/j/61108779309?pwd=W2YOIQBSoY13QNYMsp0eLXcckla6pK.1</a> Meeting ID: 611 0877 9309 Passcode: 845207
Sleep	March 18	<a href="https://albertahealthservices.zoom.us/j/65901652333?pwd=sAYsFhaLUi01jHdw1G1DbvmtbDS1nA.1">https://albertahealthservices.zoom.us/j/65901652333?pwd=sAYsFhaLUi01jHdw1G1DbvmtbDS1nA.1</a> Meeting ID: 659 0165 2333 Passcode: 317727
Moving Forward	March 25	<a href="https://albertahealthservices.zoom.us/j/63639517544?pwd=6vRRQ3p3tw9qO1dMfJbu6OMQXlluu.1">https://albertahealthservices.zoom.us/j/63639517544?pwd=6vRRQ3p3tw9qO1dMfJbu6OMQXlluu.1</a> Meeting ID: 636 3951 7544 Passcode: 640712

### Understanding Addiction Info Series

**Wednesdays, March 5 & March 12, 2025 10:30 a.m.-12:00 p.m.**

Series of two sessions focuses on topics to increase understanding of substance use and how to support you and/or your loved ones.

Understanding Addiction		
Understanding Addiction	March 5	<a href="https://albertahealthservices.zoom.us/j/67741569146?pwd=za89rgwKe8qES5XzNmsVZt4wxbCigY.1">https://albertahealthservices.zoom.us/j/67741569146?pwd=za89rgwKe8qES5XzNmsVZt4wxbCigY.1</a> Meeting ID: 677 4156 9146 Passcode: 543821
Reducing Harm	March 12	<a href="https://albertahealthservices.zoom.us/j/65919510579?pwd=5yrufqJx0c hY1bG5e6Qv9Q7wDrlomo.1">https://albertahealthservices.zoom.us/j/65919510579?pwd=5yrufqJx0c hY1bG5e6Qv9Q7wDrlomo.1</a> Meeting ID: 659 1951 0579 Passcode: 460628

### Recovery Management

**Wednesdays, January 22 to February 19, 2025 1:30-3:00 p.m.**

A series of five sessions to increase understanding of relapse prevention, identify strategies and skills.

Recovery Management		
Plan to Succeed	January 22	<a href="https://albertahealthservices.zoom.us/j/69860905708?pwd=Z4aV043Eh dpaoKEornHkPj3lQWdyrY.1">https://albertahealthservices.zoom.us/j/69860905708?pwd=Z4aV043Eh dpaoKEornHkPj3lQWdyrY.1</a> Meeting ID: 698 6090 5708 Passcode: 236477
Reoccurrence of Substance Use	January 29	<a href="https://albertahealthservices.zoom.us/j/61479942491?pwd=YYbE7beYq xlb0kikfBjvyAaoMBkqhg.1">https://albertahealthservices.zoom.us/j/61479942491?pwd=YYbE7beYq xlb0kikfBjvyAaoMBkqhg.1</a> Meeting ID: 614 7994 2491 Passcode: 321386
Healthy Coping	February 5	<a href="https://albertahealthservices.zoom.us/j/62807841153?pwd=Imr3OEN6h ayIGlyo9Se3DYWGhJ95Bo.1">https://albertahealthservices.zoom.us/j/62807841153?pwd=Imr3OEN6h ayIGlyo9Se3DYWGhJ95Bo.1</a> Meeting ID: 628 0784 1153 Passcode: 532308
Boundaries & Communication	February 12	<a href="https://albertahealthservices.zoom.us/j/63210057394?pwd=13eJFFNhE m06lcp8qOJbKNTqsPAsEP.1">https://albertahealthservices.zoom.us/j/63210057394?pwd=13eJFFNhE m06lcp8qOJbKNTqsPAsEP.1</a> Meeting ID: 632 1005 7394 Passcode: 064345
Recovery & Maintenance	February 19	<a href="https://albertahealthservices.zoom.us/j/64560727401?pwd=3S9QhQBat 4T5DyyQDif2g7VbtRS9Re.1">https://albertahealthservices.zoom.us/j/64560727401?pwd=3S9QhQBat 4T5DyyQDif2g7VbtRS9Re.1</a> Meeting ID: 645 6072 7401 Passcode: 899696

Caring for Youth Series

Thursdays, February 6 & February 13, 2025 10:00am – 11:00am

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth.

Caring for Youth		
Substance Use	February 6	<a href="https://albertahealthservices.zoom.us/j/68226582471?pwd=zayiVpIG3UExj1iv8ELYF1AabCbRMG.1">https://albertahealthservices.zoom.us/j/68226582471?pwd=zayiVpIG3UExj1iv8ELYF1AabCbRMG.1</a> Meeting ID: 682 2658 2471 Passcode: 572478
Spheres of Support	February 13	<a href="https://albertahealthservices.zoom.us/j/61486688879?pwd=7fcz0Sauzx d5OOoTKKGK3rYUHHJBp3.1">https://albertahealthservices.zoom.us/j/61486688879?pwd=7fcz0Sauzx d5OOoTKKGK3rYUHHJBp3.1</a> Meeting ID: 614 8668 8879 Passcode: 847573



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