

A&MH Free Online Workshops

Wellness Exchange Skill-building Workshops

This online series is designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Adults can register for any or all of the topics they would like to learn about.

This workshop is delivered online via Zoom. (available on smartphones, tablets, and computers).

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.

Thursday, May 16, 2024	1:30 pm – 3:00 pm	Click Here to Register
Wednesday, July 31, 2024	10:30 am – 12:00 pm	Click Here to Register
Thursday, September 19, 2024	1:30 pm – 3:00 pm	Click Here to Register
Tuesday, November 5, 2024	6:30 pm – 8:00 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.

Thursday, May 23, 2024	1:30 pm – 3:00 pm	Click Here to Register
Wednesday, August 7, 2024	10:30 am – 12:00 pm	Click Here to Register
Thursday, September 26, 2024	1:30 pm – 3:00 pm	Click Here to Register
Tuesday, November 12, 2024	6:30 pm – 8:00 pm	Click Here to Register

Week 3 Managing Reactions

Having confidence that we're 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.

Thursday, May 30, 2024	1:30 pm – 3:00 pm	Click Here to Register
Wednesday, August 14, 2024	10:30 am – 12:00 pm	Click Here to Register
Thursday, October 3, 2024	1:30 pm – 3:00 pm	Click Here to Register
Tuesday, November 19, 2024	6:30 pm – 8:00 pm	Click Here to Register

Week 4 Helpful Thinking

Shifting our unhelpful thinking to more helping thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Thursday, June 6, 2024	1:30 pm – 3:00 pm	Click Here to Register
Wednesday, August 21, 2024	10:30 am – 12:00 pm	Click Here to Register
Thursday, October 10, 2024	1:30 pm – 3:00 pm	Click Here to Register
Tuesday, November 26, 2024	6:30 pm – 8:00 pm	Click Here to Register

Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

Thursday, June 13, 2024	1:30 pm – 3:00 pm	Click Here to Register
Wednesday, August 28, 2024	10:30 am – 12:00 pm	Click Here to Register
Thursday, October 17, 2024	1:30 pm – 3:00 pm	Click Here to Register
Tuesday, December 3, 2024	6:30 pm – 8:00 pm	Click Here to Register

If you have questions or need help registering, email: AHSWellnessExchange@ahs.ca