



Better health for free

Find information, resources and classes to help you make decisions about your health.

Emotional well-being • Cooking basics • Support groups and more

enjoy



The program guide provides information on classes and resources from a variety of AHS and community organizations. Most programs are free. See individual programs for registration information.

Check back regularly for updates and new classes. Learn more and engage in your own health.



Watch for this **Wellness Kitchen** icon indicating classes are offered by the South Health Campus Wellness Kitchen.

These classes include information on meal preparation, healthy eating habits and good nutrition. See details in the 'Cooking, Food & Nutrition' section of this guide.

Questions?

Contact wellness.shc@ahs.ca or call 403-956-3939

ahs.ca/shcwellness

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Please note:

Some of our programs at the South Health Campus Wellness Centre are offered and managed by third parties, such as YMCA Calgary. This does not imply approval or endorsement by Alberta Health Services. While efforts were made to ensure accuracy, AHS does not guarantee their reliability, completeness, or suitability. Such programs are not a substitute for professional medical advice. AHS disclaims liability for any use of program content and materials and advises seeking guidance from a qualified healthcare professional. For personal health matters, always consult a healthcare professional.



South Health Campus
YMCA Climbing Wall

New to climbing at the YMCA?
Here's what you need to know:
No experience or equipment is
needed to begin climbing.

Climbing is an inclusive sport
that provides opportunities
for all fitness levels. It is an
activity for anyone four years
and older.

Information: For all program
descriptions, registration
info, and the most up-to-date
information please visit [https://
www.ymcacalgary.org/climbing-
programs](https://www.ymcacalgary.org/climbing-programs), or visit the Customer
Service desk at Brookfield
Residential YMCA at Seton.



* Note: fees apply for YMCA programs

YMCA Climbing Wall*
Winter Programming

*In-person (Wellness Centre, South Health Campus,
4448 Front St SE, Calgary)*

Program Provider: Brookfield Residential YMCA

Billy Goats (4-5 years)

Mondays, Tuesdays & Wednesdays: 4:15 – 5:00 pm

Discover and build fine and mass motor skills through play and indoor climbing. This fun and recreational program promotes individual growth and development of spatial and body awareness through a series of games, activities, and bouldering.

Bugaboos (6-8 years)

Mondays, Tuesdays & Wednesdays: 5:15 – 6:15 pm

Thursdays: 4:15 – 5:15 pm

Come get a grip on the basics of climbing in this recreation program! Your child will participate in bouldering activities, games, and useful climbing skills that will foster the abilities to reach new heights.

Hang Dogs (9-11 years)

Mondays & Tuesdays: 6:30 – 7:30 pm

Thursdays: 5:30 - 6:30 pm

Let's hang, dog! Your child will learn the fundamentals of indoor rock climbing through games, activities, bouldering, and top roping. Your child will learn about the figure-8-follow-through knot, harness, and climbing techniques. This course is designed to challenge your child's understanding of rock climbing and promote mastery of skills and abilities.

Rock Jocks (12-14 years)

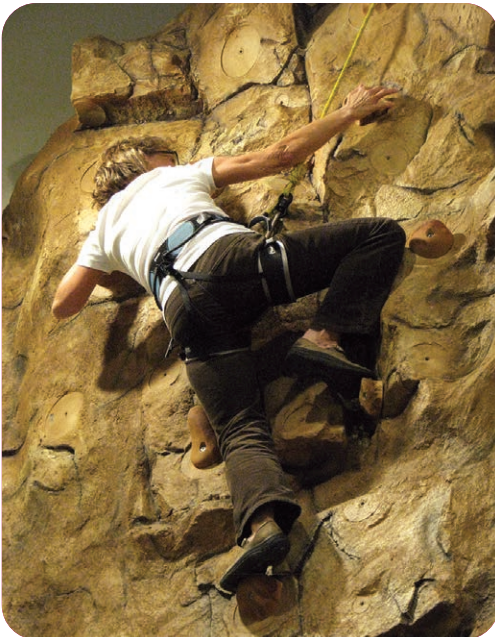
Wednesdays: 6:30 – 7:30 pm

Thursdays: 6:45 – 7:45 pm

Your child will learn the fundamentals of indoor rock climbing through games, activities, bouldering, and top roping. Your child will learn about the figure-8-follow-through knot, harness, and climbing techniques. This course is designed to challenge your child's understanding of rock climbing and promote mastery of skills and abilities.

Registration for YMCA members opens December 5, and for non-members registration opens December 19.

Registration: <https://www.ymcacalgary.org/climbing-programs>



* Note: fees apply for YMCA programs

South Health Campus YMCA Open Climbing Appointments*

*In-person (Wellness Centre, South Health Campus,
4448 Front St SE, Calgary)*

Program Provider: Brookfield Residential YMCA

Prerequisite: Must be 4+ years to register and 10+ years to attend without a guardian.

When: Saturdays (starting January 8 - March 24)

Session 1: 10:00 – 10:45 am

Session 2: 11:00 – 11:45 am

Session 3: 12:00 – 12:45 pm

Session 4: 1:00 – 1:45 pm

Session 5: 2:30 – 2:45 pm

Get on your way to new heights by booking an open climb appointment. Appointments include a safety orientation from a certified rock climbing instructor, opportunity to explore bouldering and automatic belay systems.

Participants 14Y+ may challenge the top rope belay test to belay their party. A YMCA Rock climbing waiver must be signed prior to appointment.

Registration for YMCA members opens December 5, and for non-members registration opens December 19.

Registration: Registration for Open Climb opens every Friday for the next Saturday at 12:00 pm. Registration can be completed online at <https://www.ymcacalgary.org> or by visiting any YMCA Customer Service Desk.



Self Guided Tours

In-person, various locations throughout the City of Calgary

Program Provider: City of Calgary

Website:

<https://www.calgary.ca/parks-rec-programs/free-activities.html>

Discover stunning landscapes, rich history, diverse ecosystems and interesting wildlife at your own pace. Set out on a self-guided walking tour.

City of Calgary Free Activities

In-person (various locations throughout the City of Calgary)

Program Provider: City of Calgary

Explore fun, free activities for children, youth, adults and families.

Website:

<https://www.calgary.ca/parks-rec-programs/free-activities.html>

When: Visit website for details. Year-round outdoor programs and events are weather dependent.

- Winter Walks
- Outdoor Skating Rinks
- Cross Country Skiing, Snowshoeing and more

Calgary AfterSchool Program

In-person (various City of Calgary recreation facilities)

Program Provider: City of Calgary

Registration and more info:

<https://www.calgary.ca/social-services/youth/afterschool.html>

Calgary AfterSchool is a series of free or low-cost programs for children and youth offered at various recreation facilities, community centres, community-based partner agencies and schools. The program focuses on sports, arts, healthy living and leadership development.

City of Calgary Gentle Fitness Classes

In-person (various City of Calgary recreation facilities)

Program Provider: City of Calgary

Registration and more info:

<https://www.calgary.ca/parks-rec-programs/fitness/gentle-fitness.html>
or call 403-268-3800

Easy to follow, low to moderate intensity programs focused on maintaining strength, balance, and wellness. Join your peer group to keep active and have fun!



Tasty, Low Salt Cooking

Online

Program Provider:

AHS Nutrition Services and the Wellness Kitchen

When: Noon - 1:00 pm

January 23 (Meal Ideas)

February 13 (Dips & Sauces)

Enjoy flavourful meal, dip and sauce ideas that focus on less salt (sodium) in this 2-part series and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. These practical cooking demonstrations include recipes and helpful tips. Part 1 features meal ideas using less salt and Part 2 features tasty dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

Registration: <https://redcap.link/TastyLowSaltCooking>

Easy & Healthy Mediterranean Cooking

Online or In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary)

Program Provider:

AHS Nutrition Services and the Wellness Kitchen

When: Noon – 1:30 pm

February 7: Online

March 12: In-person (Note: space is limited)

Discover great flavours and 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 brain health, heart health, or general well-being. This practical cooking class includes recipes and helpful tips. Join us in-person in the Wellness Kitchen OR from the comfort of your home virtually for this cooking demonstration.

Registration:

<https://redcap.link/EasyHealthyMediterraneanCooking>



South Health Campus Wellness Kitchen

Learning about food and nutrition through classes and demonstrations is what the Wellness Kitchen is all about.

Join community members, patients, families and staff to gain knowledge about healthy food preparation and basic cooking techniques through a variety of classes.

**Classes are open
to all Albertans.**





Preparing for Bariatric Surgery Cooking Class

Online

Program Provider:

Calgary Adult Bariatric Surgery Clinic and the Wellness Kitchen

When: 1:30 – 3:00 pm
February 2

Prepare for bariatric surgery with this interactive virtual 'cook-along' class designed to provide you with hands-on experience cooking and tasting dishes that are similar to what you will eat in the first few weeks after surgery.

Please note: this is a virtual 'cook-along' class. Cooking along with the instructor is recommended for the full benefit of this class but is optional. You will be provided with a grocery list, equipment list and the recipes ahead of time. To 'cook-along' you will need to buy the groceries and have your space set up and ready to go in time for the class. Some ingredients will need to be prepared ahead of the class.

Prerequisite:

- Must be a patient of Calgary Adult Bariatric Surgery Clinic or a support person of a patient of Calgary Adult Bariatric Surgery Clinic
- Have attended the Surgery Preparation class
- Have not yet had bariatric surgery

Registration: 403-955-8088

practice



Banana Mango Smoothie

Program: Eating After Bariatric Surgery



Greek Lentil Frittata

Program: Eating After Bariatric Surgery





Food and Nutrition: Cancer Recovery for People with Eating Challenges

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary)

Program Provider: AHS Nutrition Services, Wellspring Alberta and the Wellness Kitchen

When: 10:00 am - noon (2 part class)
March 14 & 21

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with survivors like you. Plan to attend both sessions.

Registration: 587-747-0260

Cooking When Fatigued

Online

Program Provider:

AHS Nutrition Services, Allied Health and the Wellness Kitchen

When: February 21: Noon – 1:30 pm

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

Registration: <https://redcap.link/CookingWhenFatigued>



Lemon Chia Pudding

Program: Food and Nutrition:
Cancer Recovery for People with
Eating Challenges





Managing Emotional Eating

Online

Program Provider: Alberta Healthy Living Program

When: (2 part class)

January 24 & 31 9:30 am - 12:00 pm

March 26 & April 2 6:00 pm - 8:30 pm

Learn more about what influences your food choices; and tools to help you manage emotional eating.

To register, click link below:

[Managing Emotional Eating \(albertahealthservices.ca\)](https://albertahealthservices.ca/managing-emotional-eating)

For more information or to register, you can:

- Visit ahs.ca/ahlp; or
- Phone 1-844-527-1160

Stop Dieting Forever: An Introduction to Intuitive Eating

Online & In-person (Wellness Centre, South Health Campus,
4448 Front St SE, Calgary)

Program Provider: Alberta Healthy Living Program

When: Online, Wednesdays: 10:00 - 11:30 am
February 14, 21 & 28 (3 part series)

In-person, Wednesdays: 10:00 - 11:30 am
March 27, April 3 & 10 (3 part series)
South Health Campus Wellness Centre
4448 Front Street SE, Calgary

Would you like to get off the diet treadmill and learn how to make peace with food? Join a Registered Dietitian and Registered Social Worker for this supportive 3-part series to learn how to improve your relationship with food and end the guilt, frustration, and confusion.

To register, click link below:

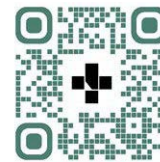
[Introduction to Intuitive Eating \(albertahealthservices.ca\)](https://albertahealthservices.ca/introduction-to-intuitive-eating)

For more information or to register, you can:

- Visit ahs.ca/ahlp; or
- Phone 1-844-527-1160



Use the QR code for
more information about
Alberta Healthy Living Programs.





Nutrition for Cancer Treatment and Recovery

Cancer treatments can cause many different side effects like altered taste, that can make eating difficult. Imagine looking forward to a comfort food but with your first bite it just doesn't taste the way you were expecting, or it causes dry mouth, and the food doesn't feel soft or moist enough to swallow.

For most cancer patients, these frustrating side effects do go away shortly after treatment ends but for some, these symptoms can linger and may even become their "new normal". The basic task of eating can become a heavy burden. You know you need protein, but meat is so dry and tasteless. Those sweet protein shakes have become very tiresome.

Experimenting with different textures, and flavours can be daunting and the risk of wasting money and food has many feeling not up to the challenge on their own.

To help address these struggles, "Nutrition for Cancer Treatment and Recovery cooking class" was created. In a fun, supportive group setting, participants are encouraged to experiment with different flavours using FASS (fats, acids, salt and sweet) with the goal to get more enjoyment out of their meals. The meals demonstrated are chosen because they are easy to eat textures and include lots of vegetables and proteins. When it's time to taste, each participant is provided with a sampling of olive oil, lemon juice, maple syrup and sea salt to add to the foods and experiment.

I commonly hear that eating ground beef is like eating sand. Textures of foods can be overwhelming and not appetizing when the flavour is not there. This is why we make the Lentil Shepherds Pie. Instead of ground beef, it uses lentils, a great source of plant-based protein. Another sneaky ingredient in this recipe is mashing cooked cauliflower into the mashed potato topping. This recipe has remained in the class the longest because it's always a hit.

One of my favourite recipes to make is the Salmon Mousse. It is an especially good one during the holiday season and family gatherings. It's an appetizer most everyone can enjoy. It's soft, moist, a great source of protein and served on a slice of cucumber, not another dry cracker. See the recipe on page 11.

As a registered dietitian working with cancer patients, I see a lot of frustration and sadness in the patients I meet. I love being a part of this cooking class because at the end of the 2-hour session, I always see lots of happy faces inspired to try the flavour techniques on their own at home.

My inspiration for this class came from Rebecca Katz and her Cancer Fighting Kitchen cookbook.

Article by: Jennifer Black, RD

CancerCare Dietitian,
Tom Baker Cancer Centre/
Holy Cross Site

Jenn teaches "Food and Nutrition: Cancer Recovery for People with Eating Challenges".

See page 11 for information and class registration details.





Salmon Mousse

Yield: About 2 - 2 ½ cups

Ingredients:

Canned salmon, drained* 1 can (213 g)
Cream cheese 1 pkg (250 g)
Lemon, zest and juice 1 small
Dill (dried or fresh) 1 tsp (dried) OR
1 Tbsp. (fresh)

Salt and pepper to taste

Optional for serving:

Cucumber (peeled) slices, mashed potatoes,
toast or crackers.

**Note: If preferred substitute with 225 g of smoked salmon.*

Instructions:

1. Place salmon, cream cheese, lemon zest and juice, and dill in bowl of food processor.
2. Blend until smooth.
3. Season with salt and pepper to taste.
4. Chill in refrigerator.
5. Serve on peeled, sliced cucumbers.

This recipe is from the Wellness Kitchen class:

Food and Nutrition for Cancer Treatment and Recovery

See page 8 for more information and registration details.



This recipe is especially good during the holiday season and at family gatherings.

It's an appetizer most everyone can enjoy. It's soft, moist, great source of protein and served on a slice of cucumber.





Emergency Preparedness

Online

Questions: Email HPDIP.MH.EarlyID@albertahealthservices.ca

Program Provider:

AHS Mental Health Promotion & Illness Prevention

E-Prep is a free online interactive and educational workshop that shares ways to be emotionally, socially, and practically prepared for a disaster or an emergency. It uses a step-by-step approach to help people make emergency plans that are unique to their lives.

When: January 25 10:00 am - 12:00 pm

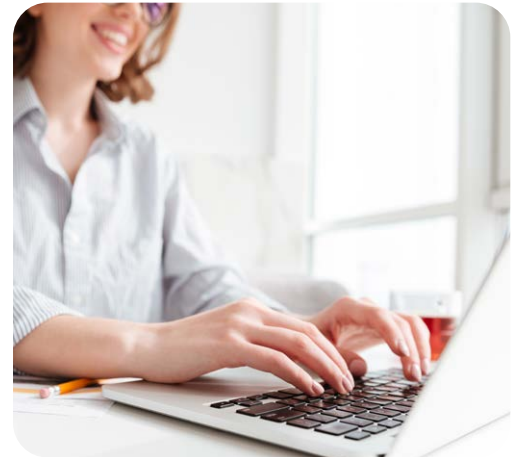
Registration: <https://tinyurl.com/Jan25Eprep>

When: February 27 1:00 - 3:00 pm

Registration: <https://tinyurl.com/Feb27Eprep>

When: March 20 10:00 am - 12:00 pm

Registration: <https://tinyurl.com/Mar20Eprep>



Learn the importance of practical preparedness.

Develop your own personal emergency plan.

Help in Tough Times

Online

Information & Registration: www.ahs.ca/helpintoughtimes

Program Provider: AHS Addiction and Mental Health

At some point in our lives we all have stressful times. We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as wildfires or illness.

Support is available from AHS Addiction and Mental Health. Resources and services, including free virtual stress management workshops or AHS' online Wellness Exchange, can help you or someone you know.

If you need more support, reach out; call the mental health helpline at 877-303-2642



Hope for Wellness Helpline (all Indigenous people across Canada)

Online & Telephone

Program Provider:

Operated by Donna Cona, an Indigenous organization, and funded by the Government of Canada.

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

Both telephone and online chat services are available in English and French. Telephone support is also available upon request in:

- Cree
- Ojibway (Anishinaabemowin)
- Inuktitut

For more information: <https://www.hopeforwellness.ca/>
or call 1-855-242-3310



Whether you prefer to talk to someone on the phone or online, there is someone to support you anytime.

Alberta Indigenous Virtual Care Clinic (AIVCC)

Online

Program Provider: Alberta Indigenous Virtual Care Clinic

Any First Nations, Metis, Inuit person or their family in Alberta can see a doctor through their phone or computer. Patients and their caregivers can receive consultations, usually within 24 hours, by phone or through their computer with Alberta-based physicians experienced in delivering culturally-safe health care and wellness support.

Call 1-888-342-4822 to register and book an appointment
For non-emergency health concerns

For more information: <https://aivcc.ca/>

Open 7 days a week:

Mon & Wed:

8:30 am - 8:30 pm

Tues, Thurs, & Friday:

8:30 am - 4:30 pm

Sat, Sun & some holidays:

12:30 pm - 4:30 pm



Psychological First Aid

Online

Questions: HPDIP.MH.EarlyID@albertahealthservices.ca

Program Provider:

AHS Mental Health Promotion & Illness Prevention

Psychological First Aid (PFA) is an internationally recognized method of support intended to help people during and immediately 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. PFA is lead by AHS trained instructors.

When: January 11: 9:00 am – 12:00 pm

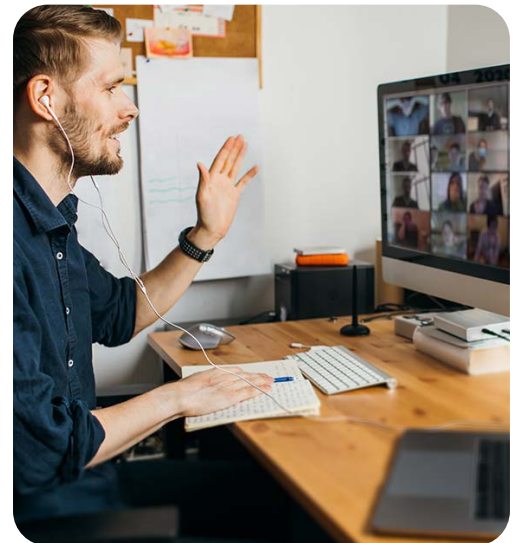
Registration: <https://tinyurl.com/Jan11pfa>

When: February 29: 9:00 am – 12:00 pm

Registration: <https://tinyurl.com/Feb29pfa>

When: March 27: 1:00 – 4:00 pm

Registration: <https://tinyurl.com/Mar27pfa>



Get practical support during times of trouble.

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Understanding the Experience of Grief

Online

Program Provider: Alberta Healthy Living Program and the Grief Support Program

When: March 14
2:30 – 3:30 pm

The Grief Support Program is offering an information session for the Alberta Healthy Living Program. The purpose of this session is to provide information and support for people that are grieving a loss, and for those that support them.

Registration:

[Understanding the Experience of Grief](#) • 403-943-2584





Emotional Well-being

Winter 2024 (January - March)

Canadian Mental Health Association - Calgary Region (CMHA Calgary)

Online

Program Provider: CMHA Calgary

Peer Support Service

Calgary region is pleased to share that we have recently expanded our peer support service. Individuals over the age of 18 can now access 1:1 peer support, offered virtually and in-person.

Our Peer Support service provides the opportunity for anyone – individual, family member, or professional – to speak with someone with lived experiences of mental health or substance use concerns. By engaging with our Peer Support Workers, you can make a connection with someone with lived experience, increase your sense of engagement and belonging, and move through your recovery journey to develop skills and build resiliency.

Please visit Community Connect YYC's website to book your peer support appointment:



<https://www.communityconnectyyc.ca/peer-supports>

EQUIPPED

EQUIPPED is a series of free, online mental health courses for young adults. Through these courses and workbooks you will:

- Gain ideas on how to manage your stress
- Build your own wellness toolkit
- Practice reframing your negative thoughts
- Know how to help a struggling friend
- Learn about signs of mental illness
- Find out where to go for mental health supports

Visit www.equipped.youthsmart.ca for more information.

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.



New Program!

MENTAL HEALTH MATTERS: A 2SLGBTQ+ COURSE

Online

Program Provider: CMHA Calgary

When: Anytime, online

This EQUIPPED course provides an introductory learning experience about what it means to be a member of the community or to support someone who is. It also provides valuable information about the unique mental health experiences someone who is part of the 2SLGBTQ+ community may face, as well as how to support positive mental well-being.

Registration: <https://equipped.youthsmart.ca/courses/mental-health-matters-2slgbtq-course/>



Canadian Mental Health Association - Calgary Region (CMHA Calgary)

Welcome Centre

In-person (#105, 1040 – 7 Avenue SW, Calgary)

In-person peer support and recovery recreation activities.

When: Tuesday, Wednesday & Thursday (weekly)
11:00 am – 4:00 pm

Peer Line

Email: peer@cmha.calgary.ab.ca

Phone: 403-297-1402

When: Mondays & Fridays (weekly)
11:00 am – 4:00 pm

Recovery College Courses

At Recovery College, the educational approach focuses on helping people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey.

Recovery College also offers a wide variety of online courses, ranging from single session classes to 4-week courses. Popular courses include Building Better Boundaries, Rethinking Our Thoughts, Conversations that Matter and Confront the Discomfort.

For more information and registration visit:
www.recoverycollegecalgary.ca or call 403-297-1402

Spoken Word New Program!

In-person (#105, 1040 – 7 Avenue SW, Calgary)

Program Provider:

Recovery College (CMHA, Calgary)

When: Thursdays, 2:00 – 4:00 pm
Mar 7 – 28 (4 Sessions)

In this 4-session course, participants will learn how to write and present a poem about their recovery journey. In every session, participants will be given time to work on their piece, and in the final session will have the option to present it to the group or keep it private for themselves.

Registration:

<https://recoverycollegecalgary.ca/course/spoken-word/>

Art of Friendship

Online

Program Provider:

Recovery College (CMHA, Calgary)

When:

Fridays, 10:00 am – 12:00 pm
Mar 8 – May 3 (8 Sessions)

This course will help you learn about yourself, what you say, the way you act, and how all of your actions can affect relationships with others. Focusing on these aspects helps us gain confidence in our relationships and we will be more likely to achieve our friendship goals.

Registration:

<https://recoverycollegecalgary.ca/course/the-art-of-friendship/>

Challenging Procrastination

Online

Program Provider:

Recovery College (CMHA, Calgary)

When: Tuesdays, 6:00 - 8:00 pm
Mar 26 & Apr 2 (2 Sessions)

Sometimes it feels like we have a million things to do in a day. This can cause stress and result in procrastination. This course will help you learn how to tackle challenges, stop putting things off, and feel organized and productive each day.

Registration:

<https://recoverycollegecalgary.ca/course/challenging-procrastination/>



The Children's Grief Centre

Through the Children's Grief Centre, families with children aged 19 and under are supported as they adjust to the changes in their lives when someone close to them has died. Using individual, family counselling and group support, we work with children, teens, and their families to help them gain the tools they need to face grief. To learn more, contact us using the email or number below.

Website: <https://www.hospicecalgary.ca/childrensgriefcentre/>

Questions: info@childrensgriefcentre.ca
or phone 403.263.4525

Grief Peer Support Groups:

In-person (1245 70 Avenue SE Calgary)

Program Provider: Children's Grief Centre

For more info and registration:

<https://www.hospicecalgary.ca/childrensgriefcentre/groups/>

Kids Club

This multi-week evening grief group for children in grades 1-6, has a concurrent group for parents/ caregivers and presents opportunities for children to meet others who are grieving.

Common Ground

This evening group for teens in grades 7-12 offers a safe place for participants to explore their grief experiences with their peers.

Drop-in Programs

These evening drop-in programs for families and teens offers an opportunity to connect with others in a relaxed and supportive environment.



Parent Lunch & Learn (Recorded Series)

Online

Program Provider:

Children's Grief Centre

We have 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 recorded Lunch & Learn series is designed to meet these needs.

To view: <https://www.hospicecalgary.ca/childrensgriefcentre/education/parent-series/>



Living With Advanced Illness Centre

Our Living with Advanced Illness Centre services include individual and family counselling for clients of all ages living with any advanced illness. Their family members and close friends are offered support from the point of diagnosis, for as long as needed. We are here to help people manage well at home for as long as they can. We are accepting new referrals. To learn more, email or call us.

Website: <https://www.hospicecalgary.ca/livingillness/>

Questions: info@hospicecalgary.ca or phone 403.263.4525

Companion Program

Online or In-person (1245 70 Avenue SE Calgary)

Program Provider: Living With Advanced Illness Centre

A family-centred and community-based approach to improving the quality of life for those impacted by any advanced illness. Highly trained volunteers are carefully matched with clients to provide regular support, including respite, companionship, resource sharing, and other practical support. The program aims to help reduce stress and feelings of isolation in patients, caregivers, and their families and promote an active role in living life to the fullest during illness.

It's free. There is no cost to the client or their family members.

Website: <https://www.hospicecalgary.ca/livingillness/peers/companion/>

Questions: info@hospicecalgary.ca or phone 403.263.4525

support

Dying to Know

Online

Program Provider:

Living with Advanced Illness

Dying to Know seminars are held online at no cost and open to anyone interested in a variety of topics that help us to live well while facing uncertainty.

The seminars provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.

For more info:

<https://www.hospicecalgary.ca/education/dyingtoknow/>



Wellness Exchange

Online

Program Provider:

AHS Mental Health Promotion & Illness Prevention

Wellness Exchange is a free online class with five topics related to wellness – one topic per week.

When: Wednesdays, January 17 – February 14
1:30 – 3:00 pm
Thursdays, February 29 – March 28
6:30 – 8:00 pm

Registration: See links below.

You do not need to attend all of the sessions.

Questions: AHSWellnessExchange@ahs.ca

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, influence what we can, and increase our confidence in the decisions that we make.

January 17: 1:30 – 3:00 pm

Registration: <https://qrco.de/beWS4x>

February 29: 6:30 – 8:00 pm

Registration: <https://qrco.de/beWS7E>

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 24: 1:30 – 3:00 pm

Registration: <https://qrco.de/beWSAj>

March 7: 6:30 – 8:00 pm

Registration: <https://qrco.de/beWSDY>



Five wellness topics,
one topic per week.

Choose the topics that
are right for you.



Wellness Exchange continued...

Online

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.

January 31: 1:30 – 3:00 pm

Registration: <https://tinyurl.com/WellnessExJan31>

March 14: 6:30 – 8:00 pm

Registration: <https://tinyurl.com/WellnessExMar14>

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

February 7: 1:30 – 3:00 pm

Registration: <https://tinyurl.com/WellnessExFeb7>

March 21: 6:30 – 8:00 pm

Registration: <https://tinyurl.com/WellnessExMar21>

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.

February 14: 1:30 – 3:00 pm

Registration: <https://tinyurl.com/WellnessExFeb14>

March 28: 6:30 – 8:00 pm

Registration: <https://tinyurl.com/WellnessExMar28>



Wellness Exchange -
how to cope with
change, improve
mood, create hope
and more!



D-Stress

Online

Program Provider:

AHS Mental Health Promotion & Illness Prevention

This interactive online 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 introduced in the workshop.

Please note: D-Stress Workshops are a replacement for the “Transform Your Stress” workshops which were offered previously.

When: Choose any one of the dates below.

January 25: 6:30 – 8:30 pm

Registration: <https://tinyurl.com/DStress-Jan25>

February 21: 10:30 am – 12:30 pm

Registration: <https://tinyurl.com/DStress-Feb21>

March 19: 1:30 – 3:30 pm

Registration: <https://tinyurl.com/DStress-March19>

April 10: 6:30 – 8:30 pm

Registration: <https://tinyurl.com/DStress-April10>

May 14: 10:30 am – 12:30 pm

Registration: <https://tinyurl.com/DStress-May14>

May 30: 6:30 – 8:30 pm

Registration: <https://tinyurl.com/DStress-May30>

manage



Come away with
a personal stress
reduction plan.

Manage Your Money

Online & In-person (100, 525 28 St SE Calgary)

Program provider: Momentum

Empower yourself today with free financial coaching and no-cost workshops on debt, credit, budgeting, savings, spending wisely, and building assets. Financial stability, one dollar at a time. Wherever you come from, there's a place for you here.

Ready to start saving?

For more information & registration:

welcome@momentum.org • 403-272-9323

IT Support Specialist Program

Online & In-person (100, 525 28 St SE Calgary)

Program provider: Momentum

Your accelerated pathway to an entry-level job in Information Technology.

1. Achieve 4 technical certifications that are in high demand by Calgary employers.
2. Learn the workplace and job search skills you need to find and maintain your desired job in IT.
3. Gain a paid work experience practicum for 8 weeks at a Calgary employer partner company.

Ready to get started?

For more information & registration:

welcome@momentum.org • 403-272-9323

learn



Calgary Employment Services

Online

Program Provider: Alberta Supports (1-877-644-9992)
Resources to help you get the support you need to find new jobs, access training and be successful in your job search.

Visit the website at:
<https://www.alberta.ca/calgary-employment-services.aspx>

Workshops:

Short-term sessions on resume writing, job searching, interviews and more.

<https://www.higherlanding.com/skillsworkshops>

Employment Services Directory:

Find employment and training programs in and around Calgary.
<https://www.alberta.ca/lookup/esd-search.aspx>

Calgary Employment Bulletin:

For upcoming career fairs and events visit:
<https://www.alberta.ca/calgary-employment-bulletin.aspx>

The alis website:

For career and employment resources for Albertans visit:
<https://alis.alberta.ca/>

Resources for French speaking job seekers:

<https://alis.alberta.ca/ressources-en-francais/>

Youth Employment & Career Support

In-person, see details below

Program Provider: City of Calgary

Finishing high school?
Not sure on your next steps?
A Youth Employment Centre Employment Counsellor is in your neighbourhood to support your employment needs.

Information:

<https://www.calgary.ca/careers/youth-employment.html>

Registration: Call or text 403-369-8851 OR 403-268-2490



Need a Computer? Borrow one from the Calgary Public Library!

(In-person, see details below)

Program Provider:

Calgary Public Library

This program lets you take home a Library Chromebook for up to three weeks. Whether you want to work on a project, take an online course, meet virtually with friends, or search the web for information, our Chromebooks can help you get it done.

Valid Library membership and an internet connection at home is required.

Information: <https://calgarylibrary.ca/your-library/free-services/computers-and-chromebooks/borrow-a-computer/>
or call 403-260-2600

Wellspring Alberta

Wellspring Alberta 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.

For information: visit www.wellspringalberta.ca or call 587-747-0260 or 1-866-682-3135 during business hours.

Time with Cindy

Online

Program provider: Wellspring, Alberta

When: March 5 & April 12 10:00 - 11:30 am

Time with Cindy is a program when participants reflect on their experiences and share ways to transcend the inevitable times of loss and suffering. Guided by Cindy, a Transitions Support Coach and Registered Social Worker, this program is designed to stimulate thought and create a safe haven for the expression of emotions that suffering often brings. Participation is optional, but for those who engage, Time with Cindy is deeply moving and transformative in nature.

Registration:

<https://wel.gametime.net/cne/public/view> • 587-747-0260

Living Your Best with Advanced, Metastatic, Chronic or Non-Curable Cancer: Speak Up! Self Advocacy

Online

Program provider: Wellspring, Alberta

When: March 21 7:00 - 8:30 pm

This presentation will highlight several ideas and tools for self advocacy so that individuals feel more empowered to ask for what they need in medical appointments and from healthcare providers.

Registration:

<https://wel.gametime.net/cne/public/view> • 587-747-0260



Food and Nutrition: Cancer Recovery for People with Eating Challenges

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary)

Program Provider: Program

Provider: AHS Nutrition Services, Wellspring Alberta and the Wellness Kitchen

For more information and registration details see page 8.



Wellspring Alberta

What can I do about Neuropathy?

Online

Program provider: Wellspring, Alberta

When: March 11 6:30 - 8:00 pm

Do you have neuropathy after your cancer treatment? Join us for a discussion on some of the causes of neuropathy and some treatment options for it.

Registration:

<https://wel.gametime.net/cne/public/view> • 587-747-0260

Indigenous Cancer Sharing Circle

In-person (Southern & Central AB)

Program provider: Wellspring, Alberta

For information: visit <https://qrco.de/beWPpa3>

When: First Monday of the month

The Indigenous Cancer Sharing Circle is for Indigenous adults living with cancer and caregivers. The goal of this program is to create a safe space in which to welcome all Nations across the province to connect, share experiences, and build a caring and supportive community. With a vision to ensure no one has to face cancer alone, this circle of sharing is co-led by an Elder and a Wellspring program leader.

Registration:

Call Nancy Bilodeau 1-866-682-3135



Arthritis Talks

Online

Program Provider: Arthritis Society

These sessions are free thanks to the generosity of sponsors. 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: arthritis@arthritis.ca

Information: www.arthritis.ca

Healthy Aging with Arthritis

Online

Program Provider: Arthritis Society

When: February 6 4:00 pm

While arthritis can impact people at any age, aging with arthritis can be a unique journey with additional considerations to keep in mind to age well. join us to learn more.

<https://arthritis.ca/arthritis-talks/healthy-aging-with-arthritis>

Parkinson Association of Alberta

Parkinson Association of Alberta is dedicated to being a source of support, education, and inspiration for individuals impacted by Parkinson disease and Parkinson's Plus Syndromes, while engaging in important quality of life research in Alberta.

For more information:

<https://parkinsonassociation.ca/>

info@parkinsonassociation.ca

1-800-561-1911 or 403-243-9901

Parkinson Support Groups

Online & In-person (various locations)

Program provider: Parkinson Association of Alberta

Connect with others managing Parkinson disease, share experiences, share resources/education, and receive necessary support in a group setting. The groups are open to individuals with a diagnosis, care partners, family members, and friends. The majority of the groups are general to Parkinson's and organized based on geographic location.

Groups are also offered based on specialized topics related to Parkinson's including Young Onset, DBS/Duodopa, Care Partners, Solo PD, and Parkinson's Plus (MSA, PSP, CBD & Dementia with Lewy Bodies). Parkinson Association of Alberta offers over 40 virtual and in-person monthly support groups across Alberta.

The Calgary support groups are based on quadrant of the city (NE, NW, SE, SW) and support the surrounding communities (Airdrie, Canmore, Cochrane, High River/Okotoks, and Strathmore).

For more information and registration call:

1-800-561-1911



PD 101 – An Introduction to Parkinson Disease

Online

Program Provider: Parkinson Association of Alberta

When: Thursdays, 6:30 - 8:30 pm
January 25
February 29
March 28

This program is ideal for those who have been recently diagnosed with Parkinson disease, have a family member/friend who has been recently diagnosed with Parkinson's; and/or those who would like to know a little more about Parkinson disease.

This session will go over what Parkinson disease is, how it is diagnosed, motor and non-motor symptoms, and more. The education session includes a 45 minute presentation and a 45 minute discussion period where you can ask questions.

Registration: 1-800-561-1911



AlbertaQuits

Online

Program Provider:

Alberta Health Services
– Tobacco, Vaping, and
Cannabis Program

Registration:

<http://tinyurl.com/AlbertaQuits>

AlbertaQuits will help you get prepared to quit or reduce smoking or using tobacco products. You'll learn what to expect and how to prepare for road blocks on your journey to successfully quitting.

And choosing to make a change for yourself does not mean you have to quit by yourself. To support you on your journey to quit success, there are several options to choose from.



1. Phone Support

The AlbertaQuits helpline is FREE for all residents of Alberta, open from 8AM to 8PM seven days a week. Call toll-free at 1-866-710-7848 to receive confidential, non-judgmental support from Quit Counsellors. They will help you deal with cravings and help you stay motivated. Translation services are also available.

2. Text Support

AHS offers a FREE 3-month text messaging program that delivers motivational messages, advice and tips to your cell to help you quit. The text service has been enhanced to include support for quitting vaping and a live chat feature with quit counsellors.

The free text service is designed for those who are ready to set a quit date within the next 30 days, or have recently quit. Messages are tailored to your quit date.

Text the word ABQUITS to number 123456 to register for free.

When you register:

1. You will be asked to text back your quit date in yyyy-mm-dd format.
2. You will receive a confirmation message and a maximum of 3 messages per day.

You can also use some keywords like CRAVE (info about beating cravings) or STRESS (coping with stress) to get extra, on-demand, support when you need it. Get a list of available keywords by texting KEYWORDS on your phone.

3. Group Support

QuitCore is a FREE group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco. As a part of Quitcore, you will join six 90-minute VIRTUAL sessions that are guided by a trained facilitator.

Call the AlbertaQuits Helpline at 1-866-710-7848 and a counsellor will help you find and register for an upcoming session.

4. Counselling Support

Did you know that your healthcare provider, may provide a one-to-one counselling service to help you stop smoking? Visit your local pharmacy or call your doctor to find out.

You can also call the AlbertaQuits Helpline at 1-866-710-QUIT to help you find a counsellor near you.

More Information: <https://albertaquits.healthiertogether.ca/>



The Alberta Healthy Living Program

The Alberta Healthy Living Program can help you
POWER UP YOUR HEALTH.

Our program offers free programs and services that can help you live your best life with a chronic condition.

All of our programs and services are available to Albertans ages 18 and over.



How can we help you?

Virtual Health Education Classes and Self-Management Workshops

Online

Program Provider: Alberta Healthy Living Program

We offer general and condition specific classes about managing diabetes, healthy eating, heart health, gut health, COPD, sleep, emotional wellness, osteoarthritis, weight management and more. Some of our nutrition classes are also offered in Punjabi.

In addition, our 6 week Better Choices, Better Health® workshops can provide you with a number of tools and support to manage your chronic health conditions.

Supervised Exercise

Online & In-person (various locations)

Program Provider: Alberta Health Living Program

Learn how to exercise safely with a chronic condition. Our Wellness Navigators, who are healthcare professionals, can help you power up your health using exercise as medicine. When you join this program, you and your Wellness Navigator will make an exercise plan.

Your Wellness Navigator will also help you access services that can help you reach your goals, like one of our virtual or in person group exercise classes, one on one health coaching, or our general or condition specific health education classes. They will follow you every step of the way and will be there to help you succeed in reaching your goals.

For more information or to register, you can:

- Visit ahs.ca/ahlp;
- Scan the QR code: or
- Phone 1-844-527-1160





Community Education Service

Community Education Service (CES) offers upwards of 100 FREE, online presentations each year. Our expert speakers deliver timely, credible information and best-practice strategies to support the development and mental health of a child or youth in your life.

For more information visit: <https://community.hmhc.ca/>

Creating a Culture of Respect: Understanding 2SLGBTQ for Parents

Online

Program Provider: Community Education Service

When: March 20 1:00 - 3:00 pm

In this workshop parents can expect to gain deeper understanding of the concepts around sexual and gender diversity and we will provide tools to increase parents comfort in supporting 2SLGBTQ+ youth.

We will explore terms and definitions as well as ways parents can engage in accepting behaviours and reduce rejecting behaviours in parenting our 2SLGBTQ+ youth.

Registration:

<http://tinyurl.comCommunityEducationServiceMar20>
or use QR Code

Questions: CES@ahs.ca • 403-955-4730



Supporting the
development and
mental health of a child
or youth in your life.

Use QR code for more information
on other upcoming CES sessions
or visit www.community.hmhc.ca





Alberta Health Services, Prenatal Programs are committed to helping you make connections while providing essential education and support during pregnancy, birth, and the postpartum period. Connect and learn with expectant and new parents wherever you are.

Best Beginning

Online & In-person (various locations)

Program Provider: Alberta Health Services

Is a free supportive health service for pregnant individuals and pregnant teens who:

- Need information and support to make healthy choices during pregnancy
- Feel alone and isolated
- Face language or cultural barriers
- Are living on a low income

We offer:

- Support from social workers, nurses, dietitians, and outreach workers
- Group health education and peer support
- Children's programming (1-6 yrs)
- Connect with other pregnant individuals and Best Beginning staff
- Connection to community and health resources

Registration and information:

403-228-8221 (for Calgary and Airdrie residents only)

beginnings



Early Pregnancy

Online

Program Provider:

AHS Birth and Babies

This free interactive class will get you thinking about the changes pregnancy brings to your body, relationships, and lifestyle. Come early in your pregnancy to receive the most benefit from this class.

Topics covered include:

- Lifestyle choices to facilitate a healthy pregnancy
- Relationship changes
- Choosing a caregiver and the differences between physician and midwifery care
- Warning and preterm labour signs
- Decision making
- Resources
- Common discomforts, challenges, and coping

This class has a variety of dates and times available, visit the registration website for details.

Registration:

www.birthisandbabies.com



Birth & Babies Essentials for Young Adults

In-person (various locations)

Program Provider: AHS Birth and Babies

These free classes are for pregnant individuals age 20 and younger. Classes are two hours long and take place once a week for four weeks. This class has a variety of dates and times available.

Registration and information: 403-955-1450

Healthy Eating for Pregnancy

Online

Program Provider: AHS Registered Dietitians in partnership with Birth and Babies

Looking for reliable pregnancy nutrition information? Learn tips to help you eat well, stay healthy and support healthy weight gain. Need ideas for healthy meals or wondering about certain nutrients or which foods are safe to eat? These questions and more will be answered by a registered dietitian. Pregnant women at any stage of their pregnancy and their support person are welcome. Alberta residents only. This class has a variety of dates and times available, visit the registration website for details.

Registration: www.birthandbabies.com

Nutrition for New Moms

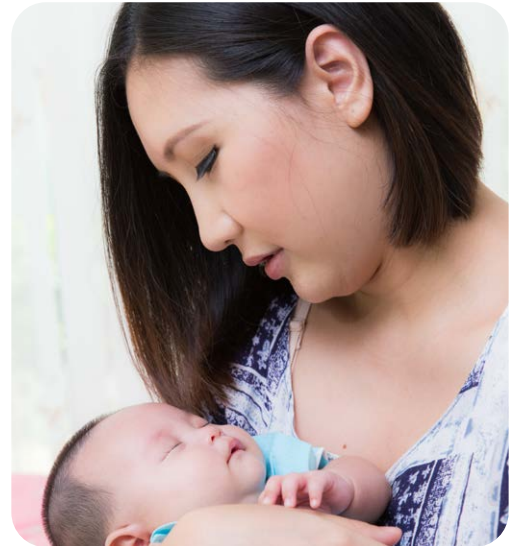
Online

Program Provider: AHS Registered Dietitians in partnership with Birth and Babies

If you've had a baby recently this class is for you! Learn strategies to help fuel your own body while caring for a baby. Discussion will include balanced eating, meal planning and goal setting. Specifics on nutrition and breastfeeding will be reviewed.

A free 90 minute class open to Alberta residents only. This class has a variety of dates and times available, visit the registration website for details.

Registration: www.birthandbabies.com



Feeding Your Baby

Online

Program Provider: AHS Registered Dietitians in partnership with Birth and Babies

A class for parents, caregivers, and babies. Are you getting ready for your baby to start solid foods?

A dietitian will answer your questions about when to start solid food, what to feed first, textures and other topics related to feeding your baby.

A free 90 minute class open to Alberta residents only. This class has a variety of dates and times available, visit the registration website for details.

Registration:
www.birthandbabies.com



Planning for your 70's, 80's and 90's and the questions to ask.

Aging in Place Supports Calgary Inc.

This not for profit organization links individuals with supports and services in Calgary.

My Transportation and Safety

Online

Program Provider:
Serious Illness Planning

When: March 5 1:00 pm

- Think about the types of transportation you use now.
- Do you plan to travel the same way when you are 70? 80? 90?

Registration:

jill@aginginplacesupports.ca



Advanced Care Planning

Online

Program Provider: Aging in Place Supports Calgary Inc.

When: March 12 1:00 pm

- Think about your social life as it is now.
- What will it look like when you are 70? 80? 90?
- What activities will you need assistance with as you age?
- What supports are available for caregivers / caregiving?

Registration: jill@aginginplacesupports.ca

Is it time to hang up the keys

Online

Program Provider: Aging in Place Supports Calgary Inc.

When: March 19 1:00 pm

- How are they managing with activities of daily living "ADL"?
- How are they managing with the independent activities of daily living "IADL"?
- What are the needs to be met and the tasks to be done?

Registration: jill@aginginplacesupports.ca

Basic Wills

Online

Program Provider: Aging in Place Supports Calgary Inc.

When: March 26 1:00 pm

- When is a someone no longer capable of making their own decisions?
- How is cognitive decline assessed? This and more.

Registration: jill@aginginplacesupports.ca

New Program!

In-person (South Health Campus, Wellness Centre) classes:
Tuesdays 1:30 - 2:30 pm:

Taking Over a Parent's Finances April 4

Leave My House... But Go Where? April 18

Aging in Place: My Health May 9

Registration: jill@aginginplacesupports.ca



Support Groups

Winter 2024 (January - March)

Alcoholics Anonymous, Calgary

Online & In-person (various locations)

Program provider: Alcoholics Anonymous

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

Email: 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.

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Immediate Help

You can speak to a member of AA by calling 403-777-1212 anytime, day or night.

The phone line is answered 24 hours/day, 7 days/week, 365 days/year. They do NOT have call-display, so your anonymity is protected.

Anorexics and Bulimics Anonymous (ABA)

Online (various locations)

Program Provider: Anorexics & Bulimics Anonymous

Anorexics and Bulimics Anonymous (ABA) is a fellowship of individuals whose primary purpose is to find and maintain recovery in our eating practices, and to help others gain recovery.

We use the Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of the disorders of anorexia and bulimia. We have daily virtual meetings attended by folks across the world, and we warmly welcome new members. For login details and more information, please visit our website.

Registration: www.aba12steps.org





Chinook Area of Narcotics Anonymous

Online & In-person (various locations)

Program Provider: Narcotics Anonymous

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.

Helplines: 1-877-463-3537

Meetings: <https://chinookna.org/meeting-search/>

Information: <https://chinookna.org>

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SMART Recovery

Online & In-person (various locations)

Program Provider: SMART Recovery

Based on the latest scientific research, SMART Recovery is a self-empowering addiction recovery support group where participants learn tools for addiction recovery.

The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviours. This group has a variety of dates and times available, visit the registration website for details.

Registration: <https://smartrecoveryalberta.org/meetings>



recovery

Alzheimer Society Calgary

Throughout the year, the Alzheimer Society of Calgary hosts informative educational events that are open to the general public.

Visit www.alzheimercalgary.ca for upcoming webinars.

Alzheimer Society Calgary

Throughout the year, the Alzheimer Society of Calgary hosts informative educational events that are open to the general public.

Visit www.alzheimercalgary.ca for upcoming webinars.

Dementia & Vascular Health - What's the Connection?

In-person (DoubleTree by Hilton Calgary North, 2120 16 Avenue Northeast, Calgary)

Program provider: Alzheimer Society Calgary

When: March 12 1:00 - 3:00 pm

Did you know vascular disease contributes to most cases of dementia? Join us and the VAST team for an engaging event exploring the relationship between dementia and vascular health.

Don't miss this opportunity to expand your knowledge and learn about the important connections between dementia and vascular health.

Registration: <http://tinyurl.com/AlzheimerSocietyCalgaryMar12>

