



# Better health for free

Helping you make decisions  
about **your** health.

Information • Resources • Cooking Basics • Support Groups & 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](mailto:wellness.shc@ahs.ca) or call 403-956-3939

[ahs.ca/shcwellness](https://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\*  
Spring Programming

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

**Program Provider:** Brookfield Residential YMCA

Class programs starting the week of April 1-June 22. **No classes  
will run between May 18th - May 20 for the long weekend.** The  
shortened weeks have been reflected in the price.

**Billy Goats (4-5 years)**

(11 or 12 weeks)

**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)**

(11 or 12 weeks)

**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.

**See page 4 for class information for these age groups:**

**Hang Dogs (9-11 years)**

**Rock Jocks (12-14 years)**

**First Ascents (18+ only)** **New Program!**

**Registration** for YMCA members opens March 5, and for non  
members registration opens March 19.

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





### South Health Campus YMCA Climbing Wall

**Information:** For all program descriptions, registration info, and the most up-to-date information please visit <https://www.ymcocalgary.org/climbing-programs>, or visit the Customer Service desk at Brookfield Residential YMCA at Seton.

\* Note: fees apply for YMCA programs

### YMCA Climbing Wall\* Spring Programming

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

**Program Provider:** Brookfield Residential YMCA

Class programs starting the week of April 1-June 22. **No classes will run between May 18th - May 20 for the long weekend.** The shortened weeks have been reflected in the price.

**Hang Dogs (9-11 years)** (11 or 12 weeks)

**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)** (12 weeks)

**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.

#### **New Program!**

**First Ascents (18+ only)** (11 weeks)

**Saturdays:** 10:00 -11:00 am and 11:15 - 12:15 pm

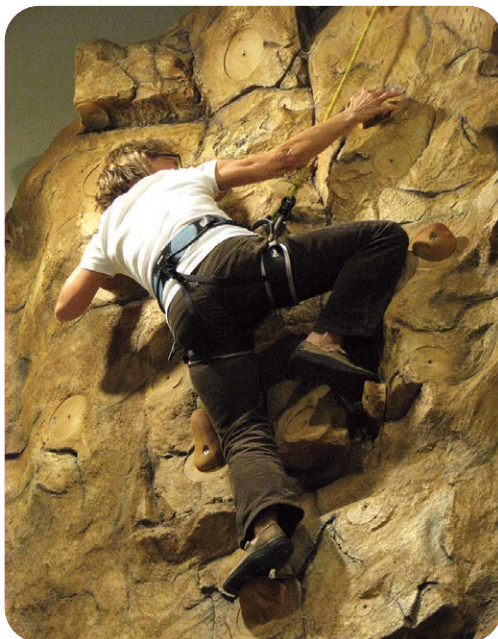
Want to try out climbing, but don't know where to start? Do not fear, our First Ascents classes are for you! In this introductory course, you will learn about the fundamentals of indoor rock climbing through games, activities, bouldering, and top roping. This course is designed to introduce and build a foundation on the understanding of rock climbing and promote development and progressive mastery of your skills and abilities.

**Registration** for YMCA members opens March 5, and for non members registration opens March 19.

<https://www.ymcocalgary.org/climbing-programs>

## South Health Campus YMCA Climbing Wall

**Information:** For all program descriptions, registration info, and the most up-to-date information please visit <https://www.ymcocalgary.org/climbing-programs>, or visit the Customer Service desk at Brookfield Residential YMCA at Seton.



\* 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 April 6 - June 22)  
(No classes will run during long weekends)  
Session 1: 12:30 – 1:15 pm  
Session 2: 1:30 – 2:15 pm  
Session 3: 2:30 – 3:15 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. Participants are only able to sign up for 1 open climb session per day.

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

**Registration:** Registration opens right at 12:00 pm the Friday a week prior to the date for the open climb sessions. Registration fills fast, so please be sure to sign up close to noon.

<https://www.ymcocalgary.org/climbing-programs>



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.

Park n' Play

*In-person (various City of Calgary locations)*  
**Program Provider:** City of Calgary

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

These safe, supervised programs help children (ages 6-12 years) make new friends and learn. Games and activities are designed to encourage them on their path to healthy and active lifestyles.

Programs run Monday to Friday. Sign up on site. Walk ups will be accepted on a first come, first serve basis.

Tennis/Pickleball Courts

*In-person (various City of Calgary locations)*  
**Program Provider:** City of Calgary

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

Courts that have not been reserved by permit can be used free of charge on a first come, first served basis.

The City owns and operates approximately 66 outdoor tennis courts throughout Calgary. Recently 52 courts have been adapted around the city for the many Calgarians who love to play pickleball.

These courts are multi-use with both tennis and pickleball capabilities. No tennis courts were lost, but they do allow for the option of pickleball if desired.

Free Nature Activities

*In-person (various City of Calgary locations)*  
**Program Provider:** City of Calgary

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

Our drop-in programs are 90 minutes long and free to attend. Simply show up, register on-site before the program start time, and participate!

- Wetland Wonders
- Birding Breaks





## Tasty, Low Salt 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 - 1:00 pm

April 17 (Meal Ideas) Online

May 1 (Dips & Sauces) Online

May 30 (Meal Ideas) In-person

June 13 (Dips & Sauces) In-person

(Note: Space for in-person class is limited)

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 in-person in the Wellness Kitchen OR from the comfort of your home virtually for this 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

April 23: Online

May 8: In-person (Note: space is limited)

June 11 Online

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:** May 10 1:30 – 3:00 pm

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

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

Online

### Program Provider:

Alberta Healthy Living Program and the Wellness Kitchen

**When:** April 10 1:30 – 3:00 pm

Put nutrition knowledge into practice with the 4 P's: Plan, Purchase, Prepare and Pack. This online class includes a cooking demonstration and welcomes Albertans ages 18 and older to join from anywhere in the province.

**For more info and registration:**

Call 1-844-527-1160 or [click here](#).



### Banana Mango Smoothie

**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)  
May 30 & June 6

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.

**Questions?** Call 587-747-0260

**Registration:** <https://qrco.de/besNrW>

### Cooking When Fatigued

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

**Program Provider:**

AHS Nutrition Services, Allied Health and the Wellness Kitchen

**When:** Noon – 1:30 pm  
April 11: In-person (Note: space is limited)  
May 15: Online

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

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

**Program Provider:** Alberta Healthy Living Program

**When:** (2 part class)  
August 20 & 27 1:00 - 3:30 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](https://ahs.ca/ahlp); or
- Phone 1-844-527-1160

### Stop Dieting Forever: An Introduction to Intuitive Eating

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

**Program Provider:** Alberta Healthy Living Program

**When:** Wednesdays: 10:00 - 11:30 am  
March 27, April 3 & 10 (3 part series)

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.

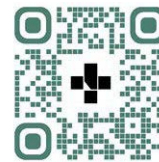
**To register, click link below:**  
[Introduction to Intuitive Eating \(albertahealthservices.ca\)](https://albertahealthservices.ca/introduction-to-intuitive-eating)

**For more information or to register, you can:**

- Visit [ahs.ca/ahlp](https://ahs.ca/ahlp); or
- Phone 1-844-527-1160



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





### Big Lifestyle Changes with Wellness Kitchen Help

My name is Howard and I entered the hospital on May 19, 2010, following a massive heart attack. The damage to the left side of my heart was life threatening, what my doctor called a “Big Hit”. I spent over two months on a telemetry unit before the Cardiac Transplant Team took over my care. Although I was scheduled for surgery just after the September long weekend, I chose to try to continue my life with my own heart, as I saw this as the only chance that I would have to continue my career. Therefore, I needed to take more control of my own health to reach this goal.

I became aware of South Health Campus when I began to attend the Heart Failure Clinic at this hospital. The hospital itself immediately seemed so different. Open spaces to sit in, wide hallways, a YMCA and a Wellness Centre. Upon exploring the Wellness Center, I discovered the Wellness Kitchen where healthy cooking practices were being taught. As part of taking control of my own health, my goals were to cook and prepare food with less salt and healthier fats. I had commenced that on my own, searching out cookbooks and recipes for heart healthy food, but now I had a place to learn and interact with experts and other patients seeking the same goals. It was a great support. I did quite well with my damaged heart, but sadly didn't have the strength to return to work.

In 2016, my heart could no longer function to support me, and I underwent the surgery I had delayed in 2010. I had a left ventricular assist device (LVAD), inserted into my left ventricle to take over the function of pumping blood to my body. I then began the wait for an available heart (if you have not yet declared your willingness to be an organ donor please do so).

In 2017, I had my transplant and have been living an active life since then. I have maintained my lifestyle of cooking and controlling the food I eat, very low alcohol uptake, and lots of exercise. It's a lifestyle change that could spare you the same journey.

Check out the Wellness Kitchen, they can help you too.

I had a place to learn and interact with experts and other patients seeking the same goals.

#### Article by: Howard

Patient, Citizen Advisory Team member (South Health Campus), and participant in Wellness Kitchen in-person cooking classes.







# Peanut Butter Energy Bites

Yield: 12 Bites

### Ingredients:

Quick Oats .....	½ cup	(125 mL)
Coconut, unsweetened and shredded .....	½ cup	(125 mL)
Chia seeds .....	2 Tbsp	(30 mL)
Cocoa powder .....	2 tsp	(10 mL)
Chocolate chips, mini* .....	¼ cup	(60 mL)
Peanut butter** .....	½ cup	(125 mL)
Honey .....	2 Tbsp	(30 mL)
Vanilla extract .....	½ tsp	(2.5 mL)

**\*Note:** Substitute with dried cranberries or raisins if preferred.

**\*\*Note:** Substitute with another nut butter or a nut butter alternative if preferred.

### Instructions:

1. Add the dry ingredients to a large bowl: the oats, coconut, chia seeds, cocoa powder, and mini chocolate chips. Whisk to combine.
2. Next add the wet ingredients: the peanut butter, honey, and vanilla extract.
3. Use a spoon to stir the wet and dry ingredients until fully combined. Keep stirring until all the dry ingredients are worked in and evenly coated with peanut butter and honey.
4. Using your hands or a cookie scoop, press and roll the mixture into twelve 1-inch balls. If the bites fall apart the mixture is too dry. Add extra peanut butter or honey to the mixture and reshape the bites.
5. Place energy bites into an airtight container. Store in the fridge for up to 1 week or freezer for up to 6 months.

Watch the video cooking demonstration for this recipe at:

<https://myhealth.alberta.ca/Alberta/Pages/high-calorie-high-protein-recipes.aspx>



Energy Bites are a great high energy and high protein treat.

They can be made ahead so they are ready when you need to grab a quick and tasty snack.





## Emergency Preparedness

Online

**Questions:** Email [HPDIP.MH.EarlyID@albertahealthservices.ca](mailto: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:** April 24 1:00 - 3:00 pm

**Registration:** <https://qrco.de/beqT7C>

**When:** May 22 10:00 am - 12:00 pm

**Registration:** <https://qrco.de/beqTAW>



Learn the importance of practical preparedness.

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## Understanding the Experience of Grief

Online & In-person (Various locations)

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

**When:** March 14 (Online) 2:30 – 3:30 pm

March 18 (In-person) 5:00 - 7:00 pm  
(Richmond Road Diagnostic & Treatment Centre,  
1820 Richmond Rd SW, Calgary)

June 6 (Online) 2:30 – 3:30 pm

**Registration for dates above:** <https://qrco.de/beqhlz>

**When:** April 20 (In-person) 2:00 - 4:00 pm

(Village Square Library, 2623 56 St NE, Calgary)

**Registration for April 20:** <https://qrco.de/beqhoY>

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.



Support and information for people that are grieving a loss.

**Questions:** 403-943-2584



### Hope for Wellness Helpline

(available to 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:

Monday & Wednesday:  
8:30 am - 8:30 pm

Tuesday, Thursday, & Friday:  
8:30 am - 4:30 pm

Saturday, Sunday & some  
holidays: 12:30 pm - 4:30 pm





## Psychological First Aid (PFA) Basic

Online

**Questions:** [HPDIP.MH.EarlyID@albertahealthservices.ca](mailto:HPDIP.MH.EarlyID@albertahealthservices.ca)

### Program Provider:

AHS Mental Health Promotion & Illness Prevention

Learn how to identify common stress reactions, provide practical support to individuals experiencing distress, and build the skills needed to provide psychological support in a disaster.

### Upcoming workshops for individuals, community members, and service providers:

**When:** May 28 1:00 – 4:00 pm

**Registration:** <https://qrco.de/bf1uTc>

**When:** June 4 9:00 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uV9>

**When:** July 11 9:00 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uX6>

**When:** August 13 1:00 – 4:00 pm

**Registration:** <https://qrco.de/bf1uZJ>

Psychological First Aid (PFA) is an internationally recognized method of support intended to help people during and after a disaster or emergency.

*Alberta Health Services (AHS) staff can register through AHS' My Learning Link.*

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## Help in Tough Times

Online

**Information & Registration:** [www.ahs.ca/helpintoughtimes](http://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 1-877-303-2642



### Canadian Mental Health Association - Calgary Region (CMHA Calgary)

#### Peer Support Service

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

**Program Provider:** CMHA Calgary



Our Peer Support service provides the opportunity for anyone (over the age of 18) – 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.

To book your peer support appointment:

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

**When:** Tuesday, Wednesday & Thursday (weekly)  
(by appointment only)

**Registration:**

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

### EQUIPPED

*Online*

**Program Provider:** CMHA Calgary

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](http://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.**



### Canadian Mental Health Association - Calgary Region (CMHA Calgary)

#### Welcome Centre Recovery Recreation Activities

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

Program Provider: CMHA Calgary

**When:** Tuesday, Wednesday & Thursday (weekly)  
1:00 pm – 4:00 pm

Recreation and connection are vital to our wellbeing. As part of CMHA's Welcome Centre and Recovery College, the Leisure Recreation program is designed to support individuals to connect with each other, and learn a bit more about ourselves through enjoyable activities. Popular Activities offered monthly include Coffee Connections, Craft days, and Circle of Friends.

**Registration:**

[www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca) or call 403-297-1402

### 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 offers a wide variety of online courses, ranging from single session classes to 4-week courses.

**For more information and registration visit:**

[www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca) or call 403-297-1402

### In Someone Else's Shoes

Online

**Program Provider:** Recovery College (CMHA, Calgary)

**When:** May 22 - June 12 (4 Sessions) 2:00 - 4:00 pm

We are influenced by so many things: culture, spirituality, and our view of ourselves in society. Throughout this course you will learn how to recognize individuality and uniqueness in others, and communicate holding space and consideration for inclusion, tolerance and acceptance of all.

**Registration:** <https://recoverycollegecalgary.ca>



### Confront the Discomfort

Online

**Program Provider:**

Recovery College (CMHA, Calgary)

**When:**

May 30 – June 20  
(4 Sessions)  
10:00 am – 12:00 pm

Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way..

**Registration:**

<https://recoverycollegecalgary.ca>





### 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 dies.

### Counselling Groups

*Online or In-person (1245 70 Avenue SE, Calgary or Hospices, Hospitals, Homes, Schools)*

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

Using individual and family counselling we work with children, teens, and their families to help them gain the tools they need to face grief.

### Peer Support

In-person (1245 70 Avenue SE, Calgary)

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

### Kids Club

This multi-week evening grief group for children in grades 1-6, provides opportunities to meet other grieving children.

### 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.

### Website & Virtual Tour:

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

### Contact:

[info@hospicecalgary.ca](mailto:info@hospicecalgary.ca) or 403.263.4525



### 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/education/parent-series/>



### Living With Advanced Illness Centre

Our Living with Advanced Illness Centre supports clients of all ages living with an advanced illness, or those who have someone close to them living with an advanced illness (family member, close friend, etc.).

### Counselling Support

*Online or In-person (1245 70 Avenue SE, Calgary or Hospices, Hospitals, Homes, Schools)*

**Program Provider:** Living With Advanced Illness Centre

We offer individual counselling for clients living with advanced illness and their caregivers, family members, and close friends.

### Companion Program

*In-person (Wherever the client resides: Home, Hospital, Hospice, etc.)*

**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 & Virtual Tour:

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

### Contact:

[info@hospicecalgary.ca](mailto:info@hospicecalgary.ca) or 403.263.4525



### Dying to Know (Webinars on End-Of-Life and Palliative Care)

*Online*

#### **Program Provider:**

Living with Advanced Illness

These webinars 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

#### **Registration:**

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

# support



## 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:** Thursdays, May 16 – June 13 1:30 – 3:00 pm  
Wednesdays, July 31 – Aug 28 10:30 am – 12:00 pm

**Registration:** See links below.

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

**May 16** 1:30 – 3:00 pm

**Registration:** <https://qrco.de/bf1u7Q>

**July 31** 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uAw>

### 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.

**May 23** 1:30 – 3:00 pm

**Registration:** <https://qrco.de/bf1uD2>

**August 7** 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uLL>

### 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.

**May 30** 1:30 – 3:00 pm

**Registration:** <https://qrco.de/bf1uKb>

**August 14** 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uLV>

Wellness Exchange topics continued on page 21.



Five wellness topics,  
one topic per week.

Choose the topics that  
are right for you.

*You do not need to attend all  
of the sessions.*





## Wellness Exchange continued...

Online

### 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.

**June 6** 1:30 – 12:00 pm

**Registration:** <https://qrco.de/bf1uMk>

**August 21** 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uOK>

### 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.

**June 13** 1:30 – 12:00 pm

**Registration:** <https://qrco.de/bf1uPT>

**August 28** 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bf1uQb>



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

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## Sketch Wednesdays

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

**Program Provider:** South Health Campus Wellness Centre

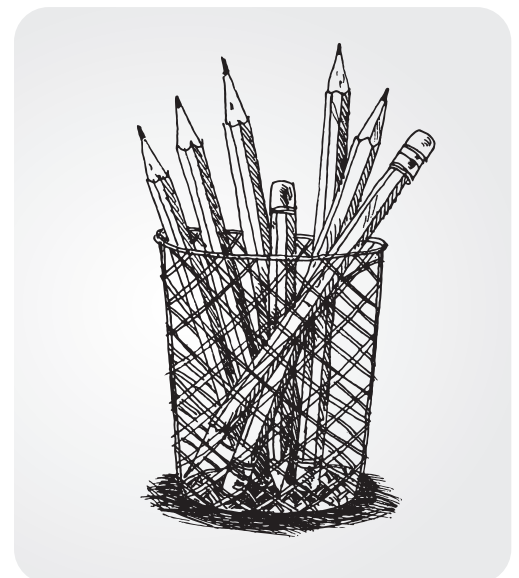
Enjoy a little creativity and fun - join us for some sketching! Draw from still lifes (set up for your convenience) or doodle from your imagination. Paper and pencils supplied.

**When:** Wednesdays, April 3 - May 29 (9 weeks)

Noon – 1:00 pm (stay for as little or long as you want)

**Registration:** Drop in. No registration required.

*Note: No art experience necessary. No instruction provided.*





### D-Stress

Online

**Program Provider:**

AHS Mental Health Promotion & Illness Prevention

This 2-hour workshop includes a basic discussion about stress, and how we can recognize personal stress signs. Several coping skills and strategies are explored, and participants will come away with a personal stress reduction action plan.

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.

**May 30:** 6:30 – 8:30 pm

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

**August 15:** 1:30 – 3:30 pm

**Registration:** <https://tinyurl.com/DStressAug15>

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

# 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](mailto:welcome@momentum.org) • 403-272-9323

## Small Business, Big Dreams

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

**Program provider:** Momentum

We're here to support you on your journey.

Join a community of dreamers and builders. Small business training and coaching at no cost to program participants, support every step of the way.

Whether you're just thinking about it, or ready to launch, we have the support you need..

Ready to get started?

**For more information & registration:**

[welcome@momentum.org](mailto: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/>



Be successful in  
your job search.

# resources





## City of Calgary Youth Employment Centre (YEC)

*In-person (Alberta Trade Centre, 2nd floor, 315 10 Ave SE, Calgary)*

**Program Provider:** City of Calgary

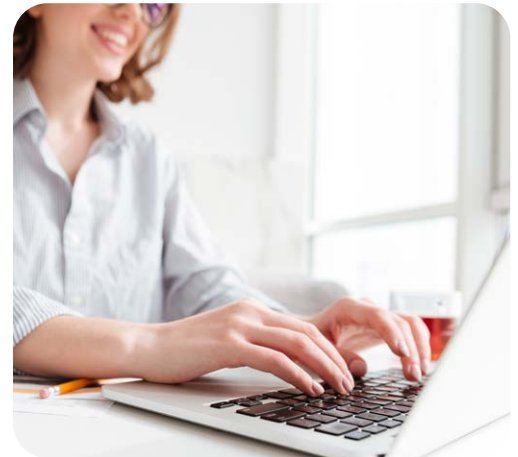
Providing free, in-person drop-in employment services for youth between that ages of 15 and 24, services include resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, and more.

**When:** Monday, Tuesday, Thursday, Friday 8:30 a.m. to 5 p.m.  
Wednesday 8:30 a.m. to 6 p.m. (closed statutory holidays)

**Registration:** No appointment is necessary, but registration is required during your first visit to YEC. The registration process may take up to an hour. Registration is not available between 12:00 p.m.-1:00 p.m.

**Information:** Call 403-268-2490 or visit [calgary.ca/yec](https://calgary.ca/yec)

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## 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://tinyurl.com/CalgaryLibraryBorrow>  
or call 403-260-2600



## Wellspring Alberta

Online

**Program provider:** 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 more information:** visit <https://wellspring.ca/aberta/> or call 587-747-0260 or 1-866-682-3135 during business hours.

## Harnessing the power of Microbiome to enhance cancer immunotherapy

**When:** May 22 6:30 - 8:00 pm

## Legal and Employment Matters

**When:** June 26 7:00 - 8:30 pm

## Supporting Children, Youth and Families in the face of a Cancer Diagnosis

**When:** July 8 6:30 - 8:00 pm

**Registration:** <https://portal.wellspring.ca/>

Select 'public' from the 'Designed for' drop down menu.



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

In-person

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

For more information and registration details see page 9.





## Wellspring Alberta Indigenous Cancer Sharing Circle

*In-person (Southern & Central AB)*

**Program provider:** Wellspring, Alberta

**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. This circle of sharing is co-led by an Elder and a Wellspring program leader.

**Registration:** Call Nancy Bilodeau 1-866-682-3135



## Arthritis Society Canada Arthritis Talks

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)

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

## Pain Management

Online

**Program provider:** Arthritis Society Canada

This Arthritis Talks will provide information and valuable insights on pharmacological and non-pharmacological treatment options to help you better manage arthritis pain symptoms and improve your quality of life.

**When:** April 11 4:00 pm

**Registration:** <https://arthritis.ca>

## Rheumatoid Arthritis

Online

**Program provider:** Arthritis Society Canada

While there is no cure for Rheumatoid Arthritis (RA), there are some very effective medications and therapies to control the symptoms and inflammation. This Arthritis Talks will discuss RA symptoms, diagnosis, medications and treatment options to help you better manage your disease.

**When:** June 5 4:00 pm

**Registration:** <https://arthritis.ca>





## 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](mailto: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  
10:00 am - 6:30 pm  
April 25  
May 23  
June 27  
July 25  
August 29

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?

### General and Condition-Specific Health Education Classes and Self-Management Workshops

*Online & In-person options available\**

**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.

In addition, our supportive 6 week Better Choices, Better Health® workshops can provide you with a number of tools and support to manage your chronic (long-term) health conditions. Workshops are offered in English, Cantonese, and Tagalog.

### Supervised Exercise

*Online & In-person options available\**

**Program Provider:** Alberta Health Living Program

Learn how to exercise safely with a chronic condition. Our Wellness Navigators, who are healthcare professionals, help you exercise safely with a health condition. When you join this program, your Wellness Navigator will help you make an exercise plan. They 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.

Watch this short video to get an idea about how our supervised exercise program can help you take charge of your health.

For more information or to register, you can:

- Visit [ahs.ca/ahlp](https://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/>

### Unraveling the Relationship Between Mind Wandering and Executive Function in Childhood ADHD

Online

**Program Provider:** Community Education Service

**When:** April 25 12:00 -1:30 pm

Participants will learn about cognitive abilities useful in understanding and addressing the dynamics of mind wandering in children (ages 8-12) with ADHD.

**Registration:** <https://qrco.de/berLuH> or use QR Code

**Questions:** CES@ahs.ca • 403-955-4730

### Executive Functioning Essentials for Parents

Online

**Program Provider:** Community Education Service

**When:** May 17 2:00 -3:30 pm

Executive Functioning (EF) refers to the behaviour management system of the brain. When kids struggle to regulate their EF it can result in lower grades, lack of motivation, school avoidance, social difficulties, anxiety and stress. Learn how EF difficulties could be causing problem behaviours and what you can do to help.

**Registration:** <https://qrco.de/berLxw> or use QR Code

**Questions:** CES@ahs.ca • 403-955-4730



Use QR code for more info on other upcoming CES sessions or visit [www.community.hmhc.ca](http://www.community.hmhc.ca)



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

### Learn to Live with Anxiety Series: Mind Body Connection

Online

**Program Provider:**

Community Education Service

**When:** June 6 11:30 -12:30 pm

This workshop increases understanding on anxiety and supports skill building to cope. Participants will identify signs and symptoms of anxiety, review strategies and tools to decrease anxiety, and develop a personalized action plan for anxiety.

**Registration:** <https://qrco.de/berLzL> or use QR Code

**Questions:**

CES@ahs.ca • 403-955-4730



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.birthandbabies.com](http://www.birthandbabies.com)

**For a complete list of classes visit:**  
[Perinatal Education Class Brochure](#)





### Birth & Babies Essentials for Young Adults

*In-person (The Alex Youth Health Centre,  
#104 2840 2nd Ave SE, Calgary)*

**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.birthingandbabies.com](http://www.birthingandbabies.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.birthingandbabies.com](http://www.birthingandbabies.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.birthingandbabies.com](http://www.birthingandbabies.com)

**For a complete list of classes visit:**  
[Perinatal Education Class Brochure](#)



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

**New Program!**

## In-person classes

(Wellness Centre, South Health Campus, 4448 Front St SE, Calgary)

### Aging in Place Supports Calgary Inc.

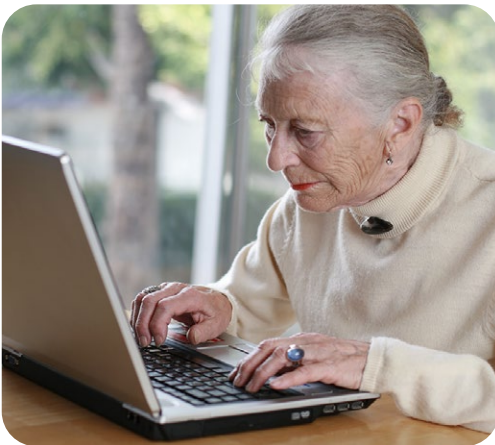
This not for profit organization links individuals with supports and services in Calgary.

#### Questions?

[jill@aginginplacesupports.ca](mailto:jill@aginginplacesupports.ca)

#### Registration:

[jill@aginginplacesupports.ca](mailto:jill@aginginplacesupports.ca)



### Aging in Place: My Community, Supports & Services

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

**Program Provider:** Aging in Place Supports Calgary Inc.

### Taking Over a Parent's Finances

**When:** April 4 1:30 -2:30 pm

- What are the signs that mom or dad are losing the ability to properly manage their finances?
- Can you take over their finances?
- What do you need to know?

### Leave My House... But Go Where?

**When:** April 18 1:30 -2:30 pm

- What are all the different housing options?
- What is the difference between “Supportive” and “Assisted” living?
- How can I ever choose?

### Aging in Place: My Health

**When:** May 9 1:30 -2:30 pm

- What is your state of health now? (based on questionnaire)
- What can you do now to help ensure a healthy future?

### Aging in Place: My Home

**When:** May 23 1:30 -2:30 pm

- Think about the home you live in now.
- Do you plan to live there with you are 70? 80? 90?
- What changes can you make to your home to support your needs?

**Registration:** [jill@aginginplacesupports.ca](mailto:jill@aginginplacesupports.ca)

planning



**Aging in Place  
Supports Calgary Inc.  
continued...**

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

**New Program!**

**In-person classes**

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

**Aging in Place  
Supports Calgary Inc.**

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

**Questions?**  
[jill@aginginplacesupports.ca](mailto:jill@aginginplacesupports.ca)

**Registration:**  
[jill@aginginplacesupports.ca](mailto:jill@aginginplacesupports.ca)

**Aging in Place: My Community, Supports & Services**

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

**Program Provider:** Aging in Place Supports Calgary Inc.

**Aging in Place: My Finances**

**When:** June 6 1:30 - 2:30 pm

- Think about the state of your finances and your sources of income now.
- What will it look like when you are 70? 80? 90?

**Aging in Place: My Transportation and Safety**

**When:** June 20 1:30 - 2:30 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](mailto:jill@aginginplacesupports.ca)





## Support Groups

Spring/Summer 2024 (April - August)

### 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](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.

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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)

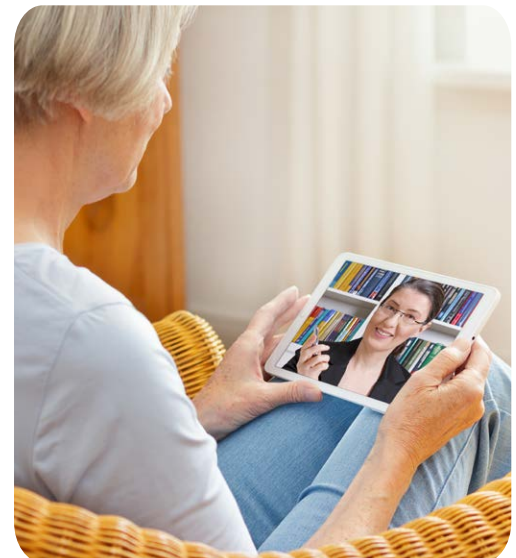
*Online (various locations)*

**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](http://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.

**Information:** <https://smartrecoveryalberta.org/meetings>



# recovery

## Alzheimer Calgary

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

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



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## Down Syndrome & Dementia Workshop

Online

**Program provider:** Alzheimer Calgary

**When:** May 30 10:00 am - 11:30 pm

Every community has unique needs when it comes to dementia, so we've partnered with Ups and Downs - Calgary Down Syndrome Association to bring you this community-specific workshop!

We will explore dementia risk reduction strategies, the importance of adult baseline testing, early warning signs for individuals with Down syndrome and more. We aim to create a welcoming atmosphere that encourages the care partners of individuals with Down syndrome to share their knowledge, ask questions, and leave with a deeper understanding of dementia and the resources available.

**Registration:** <https://tinyurl.com/DownSyndromeDementia>

## Care Partner Strategies

Online

**Program provider:** Alzheimer Calgary

**When:** June 6 6:00 - 8:00 pm

Learn practical strategies to equip yourself with helpful communication and behaviour frameworks.

Learn practical strategies to equip yourself with helpful communication and behaviour frameworks. You will gain confidence, build your resiliency and empower yourself with great skills.

*Note: This session is not intended for professionals.*

**Registration:**  
<https://tinyurl.com/AlzheimerCarePartnerStrategies>