

AMH Free Virtual Workshop

E-Prep: prepare emotionally for emergency

Emergency Preparedness or E-Prep is a 2-hour 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.

Where: Delivered online (via smartphone, tablet, or computer)

When: Register in advance for one of the following 2-hour workshops

- **Wednesday, March 20, 2024 from 10 a.m. – 12 p.m.** [Register here](#)
- **Wednesday, April 24, 2024 from 1 p.m. – 3 p.m.** [Register here](#)
- **Wednesday, May 22, 2024 from 10 a.m. – 12 p.m.** [Register here](#)

Special E-Prep: emergency preparedness week workshops, May 6 - 10

This is a condensed 1-hour version of the workshop to support Emergency Preparedness week. This workshop covers emotional, social, and 72-hour kit preparedness. All participants will receive a guidebook with additional information.

Where: Delivered online (via smartphone, tablet, or computer)

When: Register in advance for one of the following 1-hour workshops for Emergency Preparedness Week

- **Monday, May 6, 2024 from 10 a.m. – 11 a.m.** [Register here](#)
- **Monday, May 6, 2024 from 7 p.m. – 8 p.m.** [Register here](#)
- **Tuesday, May 7, 2024 from 9 a.m. – 10 a.m.** [Register here](#)
- **Wednesday, May 8, 2024 from 2 p.m. – 3 p.m.** [Register here](#)
- **Wednesday, May 8, 2024 from 6:30 p.m. – 7:30 p.m.** [Register here](#)
- **Thursday, May 9, 2024 from 10 a.m. – 11 a.m.** [Register here](#)
- **Thursday, May 9, 2024 from 1:30 p.m. – 2:30 p.m.** [Register here](#)
- **Friday, May 10, 2024 from 10 a.m. – 11 a.m.** [Register here](#)

If you have questions about E-Prep or need support to register, contact: hp dip.mh.earlyid@ahs.ca

Additional resources are available, visit: www.ahs.ca/helpintoughtimes