

January 19, 2024

Online workshop to help Albertans cope with change

EDMONTON – Albertans are invited to participate in an upcoming series of skill-building workshops designed to help adults increase their ability to cope with change, build resilience and improve overall well-being.

Wellness Exchange workshops, which started this month, are divided into five weekly online sessions, each related to a specific topic related to wellness. Albertans can register for some or all of the five sessions, and participate through a smartphone, tablet or computer.

The workshops are held Wednesdays from 1:30 p.m. to 3 p.m. from Jan. 17 to Feb. 14; Thursdays from 6:30 p.m. to 8 p.m. from Feb. 29 to March 28; and Tuesdays from 10:30 a.m. to noon from April 9 to May 7.

The five sessions are:

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.

- First workshop held on Jan. 17
- [Registration for Thursday, Feb. 29 from 6:30 p.m. to 8 p.m.](#)
- [Registration for Tuesday, April 9 from 10:30 a.m. to noon](#)

Positive activities: Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

- [Registration for Wednesday, Jan. 24 from 1:30 p.m. to 3 p.m.](#)
- [Registration for Thursday, March 7 from 6:30 p.m. to 8 p.m.](#)
- [Registration for Tuesday, April 16 from 10:30 a.m. to noon](#)

Managing reactions: Physical and emotional reactions happen as life stressors occur. Having confidence that we can 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.

- [Registration for Wednesday, Jan. 31 from 1:30 p.m. to 3 p.m.](#)
- [Registration for Thursday, March 14 from 6:30 p.m. to 8 p.m.](#)
- [Registration for Tuesday, April 23 from 10:30 a.m. to noon](#)

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

- [Registration for Wednesday, Feb. 7 from 1:30 p.m. to 3 p.m.](#)
- [Registration for Thursday, March 21 from 6:30 p.m. to 8 p.m.](#)
- [Registration for Tuesday, April 30 from 10:30 a.m. to noon](#)

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.

- [Registration for Wednesday, Feb. 14 from 1:30 p.m. to 3 p.m.](#)
- [Registration for Thursday, March 28 from 6:30 p.m. to 8 p.m.](#)
- [Registration for Tuesday, May 7 from 10:30 a.m. to noon](#)

If you have questions about the Wellness Exchange or need support to register, contact: AHSWellnessExchange@ahs.ca or visit [Addiction and Mental Health Wellness Exchange \(albertahealthservices.ca\)](#)

Additional resources are available. Visit www.ahs.ca/helpintoughtimes.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

- 30 -

For media inquiries, contact:

Shelley Rattray
Alberta Health Services
587-986-9689
Shelley.Rattray@albertahealthservices.ca