

April 23, 2024

Learn to prepare for emergency, AHS free workshop

EDMONTON — For Emergency Preparedness week this May and in anticipation of the wildfire season soon upon us, Alberta Health Services' Addiction and Mental Health Team invite Albertans to participate in Emergency Preparedness, or E-Prep. It's an online workshop that shares ways to be emotionally, socially, and practically prepared for a disaster or an emergency.

In this interactive and educational webinar, participants are guided through a step-by-step approach to create a personalized emergency preparedness kit while focusing on emotional and social wellness. The program is for adults interested in learning skills to cope with disasters and emergencies, and to deal with stress.

Participants can take part through their smartphone, tablet, or computer.

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

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

If you have questions about the E-Prep workshop or need support to register, contact hpdp.mh.earlyid@ahs.ca. For more information or dates on the 2-hour course, visit [Addiction and Mental Health Workshop Eprep \(albertahealthservices.ca\)](#). For additional resources, 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