



# Better health for free

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

Information • Resources • Cooking Basics • Support Groups & More



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

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

The Wellness Centre is located in South Health Campus, Calgary.

**Virtual programs are open to all Albertans.**



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 'Wellness Kitchen' section of this guide.

### Questions?

Contact [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca) or call 403-956-3939

Website: [ahs.ca/shcwellness](https://ahs.ca/shcwellness)

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### Please note:

Programs and workshops are information only. They are not meant to replace advice from a healthcare professional. Talk to your doctor or a health professional before starting a new exercise, lifestyle or nutrition program or making any changes to your treatment.

## Active Lifestyle

### 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.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 weeks of July 2, 2025 (running to July 23) and July 30, 2025 (running to August 30).

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

(4 weeks in July or August)

**Wednesdays** 4:15 – 5:00 pm

#### **Bugaboos (6-8 years)**

(4 weeks in July or August)

**Thursdays** 4:15 – 5:00 pm

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

(4 weeks in July or August)

**Wednesdays** 5:15 – 6:15 pm

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

(4 weeks in July or August)

**Wednesdays** 6:30 – 7:30 pm

**Thursdays** 5:15 – 6:15 pm

#### **First Ascents (18+ only)**

(4 weeks in July or August)

**Thursdays** 6:30 – 7:30 pm

**Summer Registration** will be on June 3, 2025 for members and June 17, 2025 for non members.

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

**Fall Registration** is visible on the website August 5th. Registration opens August 12th for members and August 26th for general public.

There will be no programs or open climb offered from August 25th-September 7th. The wall will also be closed July 1st and August 2nd - 4th for the long weekend (so no open climb on the Saturday).



## Active Lifestyle

### South Health Campus YMCA Climbing Wall

**Information:** To register for any climbing programs or to sign up for any of our open-climb slots, please visit [ymcocalgary.my.site.com](http://ymcocalgary.my.site.com) 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 June 5, 2025)  
(No classes will run during long weekends)  
Session 1: 10:00 – 10:55 am  
Session 2: 11:00 – 11:45 am  
Session 3: 12:00 – 12:45 pm  
Session 4: 1:00 – 1:45 pm  
Session 5: 2:00 – 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. Participants are only able to sign up for 1 open climb session per day.

**Registration:** Registration for both members and general public opens right at 11:00 am the Friday a week prior to the date for the open climb sessions. Registration fills fast, so please be sure to sign up ASAP.

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

**Summer Registration** dates for the summer will appear on June 27th for July sessions, and July 25th for August sessions.

## Active Lifestyle



### Seniors Week

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

**Program Provider:** City of Calgary

**When:** June 2–8

Recognized annually across Alberta, Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities. Join us for programs and events across the Calgary.

**2025 Events** (posts online in April):  
<https://www.calgary.ca/events/seniors-week.html>

**For more info about Age-Friendly Calgary visit:**  
[www.calgary.ca/agefriendly](http://www.calgary.ca/agefriendly)

### Calgary AfterSchool Program

*In-person (various City of Calgary recreation facilities)*

**Program Provider:** City of Calgary

**Registration and more info:** [www.calgary.ca/afterschool](http://www.calgary.ca/afterschool)

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 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:** [www.calgary.ca/free](http://www.calgary.ca/free)

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

**For more information:** call 311

### Self Guided Tours

*In-person, various locations throughout the City of Calgary*

**Program Provider:** City of Calgary

**Website:**  
<https://www.calgary.ca/parks/activities/walking-tours.html>

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



## Food & Nutrition

### Improving Your Relationship with Food *(Classroom)*

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

#### **Program Provider:**

Alberta Healthy Living Program

**When:** May 22 & 29 (2 sessions)

6:00 – 8:00 pm

Join us to learn more about:

- What can influence food choices and eating behaviours.
- How to decrease stress around eating.
- Freeing yourself from the food rules that control our lives.
- How to start focusing on health and move away from focusing on weight.

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

### Managing Emotional Eating *(Classroom)*

*In-person*

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

#### **Program Provider:**

Alberta Healthy Living Program

**When:** June 10 & 17 (2 sessions)

1:00 – 3:30 pm

In this 2-part class, you will learn:

- To understand what influences your food choices
- To be aware of your food triggers, such as emotions, situations, events and cravings
- How to form a healthy relationship with food
- Skills, tools, and strategies for long-term healthy eating habits

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



### Wellness Kitchen

*Learn more about food and nutrition through classes and demonstrations from the Wellness Kitchen offered virtually and in-person.*

*For more information see page 33.*





## Emotional Well-being

### Mindfulness

Online

**Program Provider:**

Charmaine Patterson, MSW, RCSW with An Honest Space Ltd.

Guided by an experienced clinical social worker, you will get to know your mind, emotions and body. The way we think, and what we think about can affect how we feel and act. These sessions will help you to discover the incredible part of being human; making mistakes, not aiming for perfection, and accepting ourselves even when the mind is racing and/or the body is uncomfortable.

Please join the session on time. Zoom link will be emailed on registration. Registration will be open until 10 minutes before the class.

**When:** April 28 12:15 - 1:00 pm  
 May 26 12:15 - 1:00 pm  
 June 23 12:15 - 1:00 pm

**Registration:** [https://redcap.link/WC\\_Mindfulness](https://redcap.link/WC_Mindfulness)



### Understanding the Experience of Grief

Online & In-person (Various Locations)

**Program Provider:**

Alberta Healthy Living Program and the Grief Support Program

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.

**When:** May 24 2:00 - 4:00 pm In-person  
 Village Square Library, Calgary - Main Floor - Program Room 1

**When:** June 3 2:00 - 3:30 pm Online

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

**Questions:** 403-943-2584



Support and information for people that are grieving a loss.



## Emotional Well-being

### Relationship Skills

Online

**Program Provider:**

Recovery Alberta Mental Health and Addiction Services

This series of 4 workshops is designed to enhance participants' knowledge and skills to support healthy relationships with self and others. Register for any or all of the topics.

**Enhancing Communication**

**When:** May 6 6:30 - 7:45 pm

**Registration:** <https://qrco.de/bfm3it>

**Listen to Understand**

**When:** May 13 6:30 - 7:45 pm

**Registration:** <https://qrco.de/bfm3jW>

**Information:** [MentalHealthPromotion@recoveryalberta.ca](mailto:MentalHealthPromotion@recoveryalberta.ca)



### D-Stress

Online

**Program Provider:**

Recovery Alberta Mental Health and Addiction Services

This 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 from the workshop.

**When:** April 8 1:30–3:30 pm

**Registration:** <https://qrco.de/bfm3VB>

**When:** May 9 10:00–12:00 pm

**Registration:** <https://qrco.de/bfm3eT>

**When:** May 29 10:00–12:00 pm

**Registration:** <https://qrco.de/bfm3f4>

**When:** August 12 10:00–12:00 pm

**Registration:** <https://qrco.de/bfm3fc>

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



Please note:

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

**Learn to identify  
and manage stress.**





## Emotional Well-being

### Emergency Preparedness (E-Prep)

Online

#### Program Provider:

Recovery Alberta Mental Health and Addiction Services

E-Prep uses a simple 3-step approach to help you prepare emotionally and practically for a disaster or emergency. During the workshop, we will discuss the importance of emotional and social preparedness and look at how to build a variety of emergency kits to suit your individual needs.

**Questions:** [hpdip.mh.earlyid@recoveryalberta.ca](mailto:hpdip.mh.earlyid@recoveryalberta.ca)

**When:** April 16 1:30 - 2:30 pm

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

**When:** May 5 9:30 - 10:30 am

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

**When:** May 6 10:30 - 11:30 am

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

**When:** May 7 1:30 - 2:30 pm

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

**When:** May 8 6:30 - 7:30 pm

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

**When:** May 14 10:00 - 11:00 am

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

**When:** May 22 1:30 - 2:30 pm

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

**When:** June 12 1:30 - 2:30 pm

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

*Note: AHS, Recovery Alberta, and AHS Affiliate Staff can register through MyLearningLink.*



### Psychological First Aid (PFA) Basic

Online

#### Program Provider:

Recovery Alberta Mental Health and Addiction Services

Psychological First Aid (PFA) uses a holistic, community wellness approach to help reduce levels of emotional distress for people and communities impacted by disaster, through practical care, compassion, connection, and support from others.

**When:** July 8 9:00 am – 12:00 pm

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

*Note: AHS and Recovery Alberta staff can register through AHS MyLearningLink.*

#### Questions:

[HPDIP.MH.EarlyID@recoveryalberta.ca](mailto:HPDIP.MH.EarlyID@recoveryalberta.ca)

*Indigenous PFAIC (see page 25)*

*This interactive workshop covers the same content as the general PFA workshop but with a greater focus on the needs of Indigenous peoples in a disaster.*



## Emotional Well-being

### Wellness Exchange

Online

**Program Provider:**

Recovery Alberta Mental Health and Addiction Services

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

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

**Registration:** See links below.

**Questions:** [WellnessExchange@recoveryalberta.ca](mailto:WellnessExchange@recoveryalberta.ca)

#### 1. Problem Solving

May 13 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bfmP4B>

#### 2. Positive Activities

May 20 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bfmP5h>

#### 3. Managing Reactions

May 27 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bfmP6S>



#### 4. Helpful Thinking

June 3 10:30 am – 12:00 pm

**Registration:** <https://qrco.de/bfmP8K>

#### 5. Healthy Connections

June 10 10:30 am – 12:00 pm

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

5 topics-choose  
the topics that are  
right for you.

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### Help in Tough Times

Online

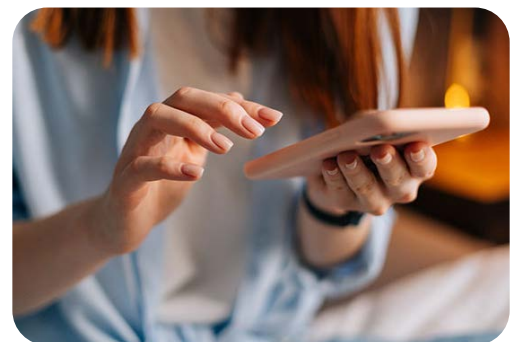
**Program Provider:**

Recovery Alberta Mental Health and Addiction Services

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 Recovery Alberta. Resources and services, including free virtual stress management workshops or Recovery Alberta's online Wellness Exchange, can help you or someone you know.

**Information & Registration:** [www.recoveryalberta.ca](http://www.recoveryalberta.ca)



If you need more  
support, reach out;  
call the mental  
health helpline at  
1-877-303-2642



## Emotional Well-being

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

#### Peer Support Services

Online & 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:** Online appointments available on Mondays and Fridays. In-person appointments (at our downtown location) available Tuesday, Wednesday, Thursdays, and now Fridays.

#### Not sure you're ready for an appointment?

In addition to face-to-face peer support appointments CMHA Calgary also offers access to peer support via the Peer Line. Call or email the Peer Line any time between 11:00 am - 4:00 pm Monday to Friday to connect with a Peer, no appointment necessary.

Phone: 403-297-1402 or email: [peer@cmha.calgary.ab.ca](mailto:peer@cmha.calgary.ab.ca)

#### 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 [www.distresscentre.com](http://www.distresscentre.com)

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 - Friday  
1:00 pm – 4:00 pm

Recreation and connection are vital to our wellbeing. As part of CMHA's Welcome Centre and Peer Services, the Recovery Recreation program is designed to support individuals to connect with each other, and learn a bit more about ourselves through enjoyable activities.

Come join us in connecting with others while taking part in a fun activity, such as melting bead crafts, board games, sit & stitch and more. Come for coffee and connection, and as often as you like, at no cost!

#### For registration

and a full list of activities:

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





## Emotional Well-being

### Recovery College Courses

*Online & In-person (various locations)*

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

Recovery College offers a variety of mental health courses and discussion groups that help participants develop their own resourcefulness and gain practical skills and tools for managing their mental well-being. Courses are delivered in partnership with our Peer Support Workers, who are experts by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one.

#### Questions?

[recovery.college@cmha.calgary.ab.ca](mailto:recovery.college@cmha.calgary.ab.ca) or call 403-297-1402

### Building Better Boundaries

*Online*

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

**When:** July 8 - July 29 (4 Sessions)  
10:00 am - 12:00 pm

In this course you will learn how to set boundaries, talk to others about your boundaries, and show others you respect their boundaries.

**Registration:** <https://tinyurl.com/RecoveryCollegeJuly8-29>

### Conversations that Matter

*Online*

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

**When:** July 8 - July 29 (4 Sessions)  
6:00 - 8:00 pm

Sometimes it is hard to get a conversation started, and even harder to keep the conversation going. Throughout this course you will learn about communication tools which help create meaningful relationships and friendships.

#### Registration:

<https://tinyurl.com/RecoveryCollegeJuly8-July29>



### Dealing with Tough Stuff

*Online*

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

**When:** July 25  
(1 Session)  
10:00 am - 12:00 pm

You can spend a lot of time and energy dealing with external events – things out of your control. In this bite-size class, you will learn how to determine what level of control you have over external stressors as well as skills you can use to ensure these stressors aren't overwhelming you.

#### Registration:

<https://tinyurl.com/RecoveryCollegeJuly25>

**Use the Recovery College QR code to explore the FREE mental health online workshops. Available to anyone, anytime!**





## Emotional Well-being

### The Children's Grief Centre

Offering grief support for families with children aged 19 and under as they adjust to the changes in their lives when someone close to them has died.

### Counselling Support

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

**Program Provider:** The 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 and move forward.

### Groups

*In-person (1245 70 Avenue SE, Calgary)*

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

### Drop-in Programs

These evening programs are peer support for families and teens offering an opportunity to connect with others in a relaxed and supportive environment.

### Caregiver and Parent Info Sessions

These info sessions cover a wide range of topics to help parents and caregiver support their grieving child or teen. The free evening sessions provide valuable information, practical tips, and offer opportunities to connect with others navigating grief and loss.

### Website & Virtual Tour:

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

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



### Caregiver & Parent Information Sessions

*In-person (1245 70 Avenue SE Calgary)*

**Program Provider:**

The Children's Grief Centre

A series of free sessions for parents and caregivers supporting grieving children and teens. You can register for any session that feels helpful for you.

### Session Titles:

*Children, Teens & Grief:  
Common Responses & How to Talk  
About Death & Grief*

*Supporting Children & Teens After  
a Sudden Death*

*Rituals for Remembering: Staying  
Connected to the Person Who Died*

*How To Talk with Children About  
Advanced Illness*

### To view:

<https://www.hospicecalgary.ca/education/caregiver-sessions/>



## Emotional Well-being

### Living With Advanced Illness Centre

Our Living with Advanced Illness Centre provides counselling and support for individuals and loved ones of all ages diagnosed with a life-changing illness. We support people to live as optimally as possible when faced with an advanced illness

### Counselling Support

*Counselling Support is available in-person (1245 70 Avenue SE, Calgary), online, or in the Community (Homes, Hospitals, Hospice Facilities, or 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.)*

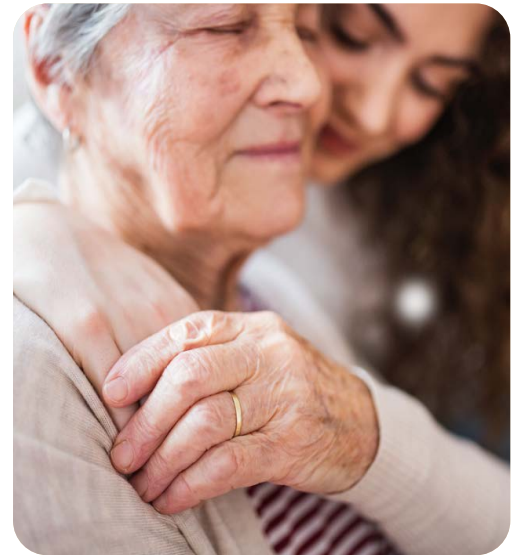
**Program Provider:** Living With Advanced Illness Centre

The Companion Program is a volunteer-led visitation program aimed at reducing the sense of isolation and improving the quality of living for individuals and caregivers impacted by any advanced illness. Highly trained volunteers are carefully matched with clients to provide regular in-home support, including respite, companionship, resource sharing, and other practical supports. Examples of companionship include enjoying a conversation over coffee, going for a walk, helping assist with an unfinished project, or playing a game of cards. 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 Centre

These are monthly online education webinars available to the public and health care providers who are interested in subjects relating to advanced illness, palliative care and end-of-life. The goal is to provide information that empowers you with knowledge, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.

### Examples of Topics:

- Rituals at end-of-life
- Sexual Health at end-of-life
- Connecting through music

### Registration:

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



## Employment, Finance & Computers

### 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:**

[https://momentum.org/](https://momentum.org/welcome@momentum.org)

[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:**

[https://momentum.org/](https://momentum.org/welcome@momentum.org)

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

*Please note: Some programs are open to Calgary & area residents only.*



## Employment, Finance & Computers

### Calgary Employment Services

Online

**Program Provider:** Alberta Supports (1-877-644-9992)

Free 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 free 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.

## Employment, Finance & Computers

### City of Calgary Youth Employment Centre (YEC)

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

**Program Provider:** City of Calgary

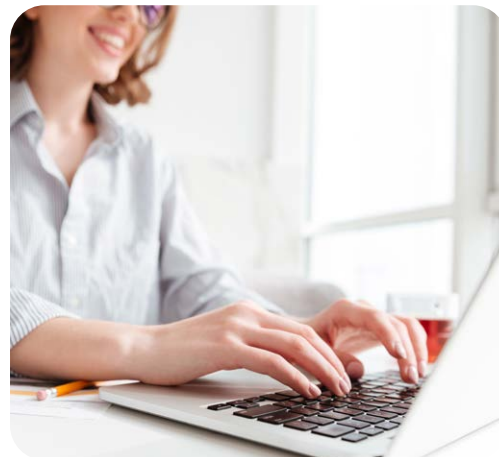
Providing free, in-person drop-in employment services for youth between the ages of 15 and 24, services include resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, and more.

**When:** Fall & Winter Hours are Monday, Tuesday, Thursday, Friday 8:30 am to 5:00 pm. Wednesday 8:30 am to 6:00 pm. (closed statutory holidays). Note: Summer hours are updated on the website.

**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 - 1:00 pm. Computer lab and other resources are still available during this time.

*Important: Your social insurance number (SIN) is required for registration and to meet with an employment counsellor.*

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



### 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

*Please note: Some restrictions apply for those living outside Calgary.*





# Health Management Cancer & Chronic Conditions

## 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.

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

## Reflections on Grief, Loss and Cancer

Online

**Program provider:** Wellspring, Alberta

**When:** Next session April 1 10:00-11:30 am  
(use registration link below to register for upcoming sessions)

Reflections on Grief, Loss & Cancer is a monthly session where participants gather to reflect on their experiences and share ways to transcend the inevitable times of loss and suffering.

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

## Speaker Series: Living Your Best with Advanced/ Metastatic/Chronic/Non-curable

Online

**Program provider:** Wellspring, Alberta

**When:** Next session May 14 6:30-8:30 pm  
(use registration link below to register for upcoming sessions)

Wellspring engages guest speakers who are experts in different areas connected to life with cancer. We invite you to engage with these one time opportunities to connect with an expert. This series of speakers is a collaboration with Cancer Care Alberta.

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

For other Wellspring Alberta public programs visit:  
<https://portal.wellspring.ca/>  
Select 'public' from the 'Designed for' drop down menu.



## South Health Campus Wellness Kitchen

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.

See page 34 to learn more about this Wellness Kitchen class:

**Cancer Recovery: Cooking for Taste & Swallowing Difficulties**

## Wellspring Alberta Indigenous Cancer Sharing Circle

This program is for Indigenous adults living with cancer and caregivers.

See page 25 to learn more about this program from Wellspring Alberta.



## Alzheimer Calgary Educational Events

Online & In-person (7015 Macleod Trail SW #800, Calgary)

**Program provider:** Alzheimer Calgary

### Care Partner Strategies

In this session, we'll explore practical strategies to improve communication and understand behaviors, helping you feel more confident and capable. Join us to build resilience, strengthen your caregiving skills, and leave feeling more empowered in your caregiving journey.

**When:** April 9 1:00–3:00 pm Online

**Registration:** <https://tinyurl.com/AlzheimerCalgaryApril9>

May 7 6:00–8:00 pm In-person

**Registration:** <https://tinyurl.com/AlzheimerCalgaryMay7>

June 4 6:00–8:00 pm In-person

**Registration:** <https://tinyurl.com/AlzheimerCalgaryJune4>

### Grief

In this session, we'll delve into the distinct forms of grief that arise with dementia, including how to process these emotions, find personal growth through loss, and support your loved one with compassion. Discover how to be a caring companion in this journey of shared challenges and resilience.

**When:** April 23 6:00–8:00 pm In-person

**Registration:** <https://tinyurl.com/AlzheimerCalgaryApril23>

### Coping with Caregiving

This session offers caregivers a supportive space to explore the unique stressors associated with dementia care. Together, we'll delve into the experiences of stress and anxiety that often accompany this role, discussing effective strategies to prevent burnout. Participants will leave with practical tools to promote self-care and resilience.

**When:** May 21 6:00–8:00 pm In-person

**Registration:** <https://tinyurl.com/AlzheimerCalgaryMay21>



## 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.

We are here to support you. Feel free to reach out to us at [findsupport@alzheimercalgary.ca](mailto:findsupport@alzheimercalgary.ca) or call us at 403.290.0110.

## Health Management Cancer & Chronic Conditions

### Arthritis Society Canada

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

### Arthritis Connections

Online

**Program provider:** Arthritis Society Canada

**When:** Various times each month

Arthritis Connections are online arthritis support groups that connect people living with arthritis with others going through similar experiences.

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

### Arthritis Society Canada's Arthritis Line

Phone & Email

**Program provider:** Arthritis Society Canada

Do you have questions about managing your arthritis? Arthritis Society Canada's Arthritis Line is a free telephone, webchat and email service that can answer your questions about arthritis, how to manage it, and where to access local arthritis resources. They can also offer support when needed.

**To connect:** Email [info@arthritis.ca](mailto:info@arthritis.ca) or call 1.800.321.1433



### Tips and Tricks to Manage Your Joints

Online

**Program provider:**

Arthritis Society Canada

**When:** April 9 4:00 pm

Through proven tips and tricks, this webinar will help you discover actionable strategies to improve joint health and quality of life. We'll talk about joint-friendly daily habits, tools and aids to help make those simple tasks easier.

**Registration and to learn more:**  
<https://arthritis.ca/support-education/arthritis-talks-webinars>

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### Alberta Virtual Chronic Pain Program

Online

**Program provider:** AHS Virtual Chronic Pain Program

Join the new 6-week online group program to learn more about pain as well as tips for better managing your pain in everyday life.

**When:** please call for available dates

**Registration:** call 1-877-719-7707







## Health Management Cancer & Chronic Conditions

Spring/Summer 2025 (April - August)

### Parkinson Association of Alberta

Parkinson Association of Alberta is dedicated to providing support, education, and inspiration for those living with Parkinson disease or Atypical Parkinsonism and their care partners/families. They offer a variety of support and active programming options including (but not limited to) 1:1 individual/family support, care partner programs, cognitive and speech/voice programs, and social opportunities.

Quality information is key to make the best decisions for yourself and/or your loved ones and so Parkinson Association of Alberta also offers a wide range of educational programming.

#### For more information:

<https://parkinsonassociation.ca/>

[info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)

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

### Parkinson Support Groups

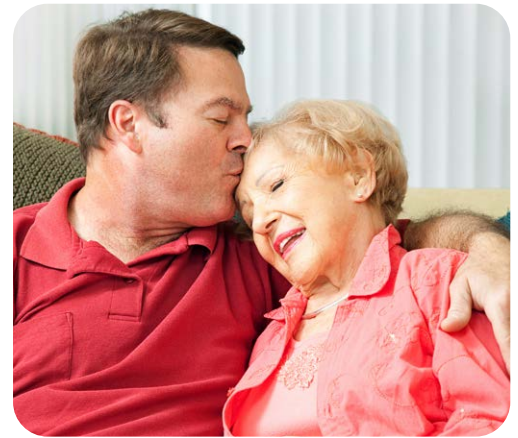
*Online & In-person (various locations)*

**Program provider:** Parkinson Association of Alberta

Support Groups are a great way to learn and get connected to the Parkinson's community. Parkinson Association of Alberta Support Groups are led by trained facilitators and include updates, a 30-45 minute topical education/discussion session, a short break, and wrap up with a roundtable check-in where attendees have an opportunity to share experiences and ask questions. Parkinson Association of Alberta offers 40 virtual and in-person monthly support groups across Alberta and Northwest Territories.

The majority of in-person support groups are generalized and open to both individuals diagnosed with Parkinson's and their care partners, family members, and friends. Online support groups are centered primarily around specific aspects of Parkinson's – these include Newly Diagnosed, Young Onset, Young Onset Care Partners, Advanced Care Partners, DBS/Duodopa, Solo PD, Atypical Parkinsonism (PSP, MSA, CBD, & Dementia with Lewy Bodies), and Widows.

**For more info or to register please call:** 1-800-561-1911



### Parkinson Disease 101 Education Series

*Online*

**Program Provider:** Parkinson Association of Alberta

**When:** 10:00 am or 6:30 pm

April 24

May 29

June 26

July 31

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 more about Parkinson disease.

This session goes over what Parkinson disease is, how it is diagnosed, motor and non-motor symptoms, and more. The session includes a 45 minute presentation followed by time for questions.

The main topic in this series is Parkinson Disease (PD) 101 – An Introduction to Parkinson Disease.

**For more info or to register please call:** 1-800-561-1911



## AlbertaQuits

Online

**Program Provider:** Alberta Health Services – Tobacco, Vaping, and Cannabis Program

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.

**Registration:** 1-866-710-7848

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

### 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.

# Health Management Cancer & Chronic Conditions

## The Alberta Healthy Living Program

### 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 free general and condition specific classes about managing diabetes, healthy eating, heart health, gut health, COPD, sleep, emotional wellness, osteoarthritis, weight management and more. See our [Find Workshops and Classes Tool](#) for a full list of classes.

In addition, our supportive 6-week Better Choices, Better Health® (BCBH®) can provide you with a number of tools and support to manage your chronic (long-term) health conditions. We offer three versions of the workshop: BCBH® Chronic Disease, BCBH® Chronic Disease- Weight Management Edition, and BCBH® Chronic Pain. Learn more by visiting [ahs.ca/bcbh](https://ahs.ca/bcbh)

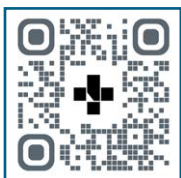
#### Supervised Exercise

*Online & In-person options available*

**Program Provider:** Alberta Healthy 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:

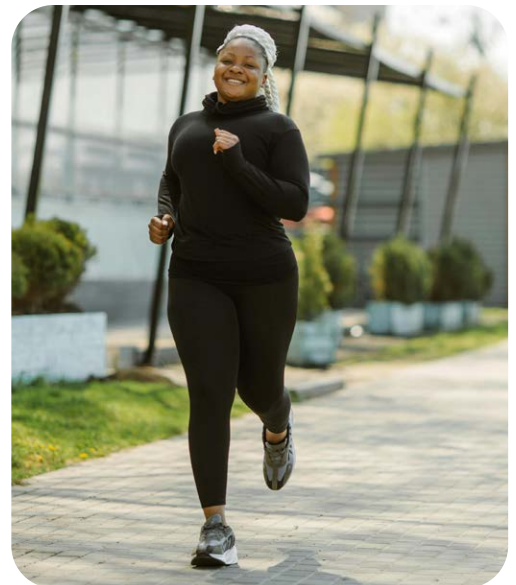
- Visit [ahs.ca/ahlp](https://ahs.ca/ahlp);
- Scan the **Alberta Healthy Living QR code**; or
- Phone 1-844-527-1160

**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.

Stay in the know about upcoming classes and workshops from the Alberta Healthy Living Program.  
[Click here](#) to subscribe to the e-mail distribution list.



## Indigenous Wellness

### 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





## Indigenous Wellness

### Psychological First Aid for Supporting Indigenous Communities (PFAIC)

Online

**Program provider:** Recovery Alberta Mental Health and Addiction Services

This interactive workshop includes the same content as the basic PFA workshop but with a greater focus on how both Indigenous and non-Indigenous participants can build the skills needed to provide culturally inclusive support in a disaster.

**When:** April 2 8:30 am -12:00 pm

**Registration:** <https://qrco.de/bfn2xE>

**When:** May 1 12:30 -4:30 pm

**Registration:** <https://qrco.de/bfn2yX>

**When:** June 11 8:30 am -12:00 pm

**Registration:** <https://qrco.de/bfn2zr>

**When:** June 24 8:30 am -12:00 pm

**Registration:** <https://qrco.de/bfn34U>



*This workshop does not teach participants about specific Indigenous beliefs, traditions, histories, or cultural competency. It's intended to encourage participants to explore ways of offering support in a disaster that balances western and Indigenous views using a person-focused lens rather than a pan-Indigenous lens.*

#### Questions?

[hpdp.mh.earlyid@recoveryalberta.ca](mailto:hpdp.mh.earlyid@recoveryalberta.ca)

### Wellspring Alberta Indigenous Cancer Sharing Circle

Online

**Program provider:** Wellspring, Alberta

**When:** First Monday of the month

This program 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.

**Registration:** Call Nancy Bilodeau 1-866-682-3135 or <https://tinyurl.com/WellSpringSharingCircle>



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

## Kids, Tweens & Teens

### Community Education Service

Community Education Service (CES) offers upwards of 100 FREE, online and in-person presentations each year. 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/>

**Questions:** [ces@recoveryalberta.ca](mailto:ces@recoveryalberta.ca) or 403-955-4730

### Headache in Kids and Teens: Causes, treatment approach, and the relationship to mental health

*Online*

**Program Provider:** Community Education Service

**When:** April 10 11:00 am - 12:30 pm

Join us for this workshop to review:

- the types of headaches in youth and how common they are
- how we approach treating headaches in youth
- the relationship between headaches in youth and mental health

**Registration:** <https://qrco.de/bfnC4r>

### Digital Dilemma: The Impact of Screens, Social Media, and Gaming on Youth

*Online*

**Program Provider:**

Community Education Service

**When:** May 22 11:30 am - 1:00 pm

This session will explore the effects of social media, video gaming, and screen time on key areas of life, including mental health, social connections, and overall well-being. We'll discuss evidence-based insights on both the risks and benefits of digital engagement, as well as practical strategies for fostering a balanced approach.

**Registration:** <https://qrco.de/bfnC60>



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

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



## Kids, Tweens & Teens

### Pediatric Rehabilitation

Do you have questions about your child's development? Alberta Health Services can help. AHS offers resources for parents, caregivers and those working with children and youth in Alberta. Resources are free and include live webinars, video series and written materials.

For more information visit: [ahs.ca/pedrehab](https://ahs.ca/pedrehab)

### Your child's diagnosis: Where to begin

Online

**Program Provider:** AHS Pediatric Rehabilitation

<b>When:</b> April 3	1:30-2:30 pm
April 30	7:00-8:00 pm
May 13	12:00-1:00 pm
May 23	9:00-10:00 am
June 16	12:00-1:00 pm

Has your child received a diagnosis or do you suspect they have a developmental, mental health, or medical condition? Do you wonder where to begin to find practical and emotional support for yourself and your child? This free 1 hour webinar is intended for parents of children who have a recent or suspected diagnosis of a developmental, mental health or medical condition.

**Registration:** <https://qrco.de/bfnD0B>

### Building early social interactions

Online

**Program Provider:** AHS Pediatric Rehabilitation

<b>When:</b> April 16	7:00-8:00 pm
May 7	12:00-1:00 pm
May 28	10:30-11:30 am
June 12	1:30-2:30 pm

Does your child seem to ignore you or other people? Are you worried that your child doesn't want to interact with you and you're not sure how to help? This free 1 hour webinar is intended for parents and caregivers of children from birth to 3 years of age. It's also suitable for parents and caregivers of children with speech-language delays, developmental delays and autistic or neurodivergent children.

**Registration:** <https://qrco.de/bfnD1T>



### Your preschooler: Fine motor basics

Online

**Program Provider:**  
AHS Pediatric Rehabilitation

<b>When:</b> April 9	9:30-10:30 am
May 7	12:00-1:00 pm
June 11	6:30-7:30 pm

Does your child avoid, or not like, fine motor activities like arts and crafts? Are you wondering how to help your child get ready for using fine motor skills at school? This free 1 hour webinar is intended for all parents and caregivers of children who are from 3 years to 5 years. The strategies are suitable for all children, including those with delayed skills.

**Registration:** <https://qrco.de/bfnD2i>

### Trouble registering for a Pediatric Rehabilitation webinar?

For help email:  
[childrenyouthhealth@ahs.ca](mailto:childrenyouthhealth@ahs.ca)

Looking for webinars  
on other Pediatric  
Rehabilitation topics?  
**Visit:** [ahs.ca/pedrehab](https://ahs.ca/pedrehab)



## Parents & Parents To-Be

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.

### 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.

**Registration:** [www.birthandbabies.com](http://www.birthandbabies.com)



Use the AHS Birth & Babies QR code to view a complete list of classes.



### Best Beginning

*Online & In-person  
(various locations)*

#### Program Provider:

Alberta Health Services  
Birth and Babies

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)





## Parents & Parents To-Be

### 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  
(for Calgary and Airdrie residents only)

### 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.

**Registration:** [www.birthandbabies.com](http://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.

**Registration:** [www.birthandbabies.com](http://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.

**Registration:**  
[www.birthandbabies.com](http://www.birthandbabies.com)



**Use the AHS Birth & Babies  
QR code to view a complete  
list of classes.**

## Seniors

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

On-line sessions



### **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**

*Online*

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

#### **Is it time to hang up the car keys?**

**When:** April 10 1:30 -2:30 pm

#### **Basic Wills: Why & How?**

**When:** April 24 1:30 -2:30 pm

#### **Taking over a parent's finances?**

**When:** May 8 1:30 -2:30 pm

#### **Leave my house... but to go where?**

**When:** May 22 1:30 -2:30 pm

#### **Supporting Your Older Adult to Age in Place**

**When:** June 5 1:30 -2:30 pm

#### **What is M.A.I.D. all about?**

**When:** June 19 1:30 -2:30 pm

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



## Support Groups

### 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.



### 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.

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### 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 anorexia, bulimia, compulsive eating, and other eating disorders. 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)



## Support Groups

### 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>



### SMART Recovery - Discover the Power of Choice

*Online & In-person (various locations)*

**Program Provider:**

SMART Recovery Association–SRA, Canada

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.

**When:** This group has a variety of dates and times available.

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



### SMART Recovery - Family and Friends Support Group

*Online & In-person (various locations)*

**Program Provider:**

SMART Recovery Association–SRA, Canada

For people impacted by the addictive behaviour of someone close to them, this is a FREE science-based program. Our skills-based, solution-oriented approach offers helpful peer support to help you discover how you can encourage your Loved One to choose recovery.

**Information:** <https://smartrecovery.org/family>





## Wellness Kitchen

### Tasty, Low Salt Cooking *(Demo)*

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 1 (Meal Ideas) In-person\*

April 29 (Dips & Sauces) In-person\*

May 29 (Meal Ideas) Online

June 19 (Dips & Sauces) Online

(\*Note: space 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 *(Demo)*

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 17 or July 17 Online

May 14 or June 24 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>



### Chicken Lo Mein

Program:

Tasty, Low Salt Cooking (Meal Ideas)

### South Health Campus Wellness Kitchen

The Wellness Kitchen in the Wellness Centre at South Health Campus (SHC) is a teaching kitchen that provides a broad range of food and nutrition education classes where community members, patients, families and staff can interact, participate, have fun and learn more about healthy food preparation, mindful eating and good nutrition.

**Classes are open to  
all Albertans.**





## Preparing for Bariatric Surgery Cooking Class

Online Cook-Along

### Program Provider:

AHS Nutrition Services and the Wellness Kitchen

**When:** May 9 1:30 – 3:00 pm

Prepare for bariatric surgery with this interactive online '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 online '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 (or support person) of the Calgary Adult Bariatric Surgery Clinic, or the Red Deer Bariatric Specialty Clinic
- Have attended the Surgery Preparation class
- Have not yet had bariatric surgery

**Registration:** 403-955-8088



### Banana Mango Smoothie

Program: Preparing for Bariatric Surgery Cooking Class



### Curried Yam, Carrot & Red Lentil Soup

Program: Preparing for Bariatric Surgery Cooking Class





## Wellness Kitchen

### Cooking When Fatigued *(Demo)*

Online or 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 8 In-person  
June 11 Online

Do low levels of energy impact your ability to cook? Do you struggle with meal preparation because it is more challenging to use your hands? Is it difficult to plan for and prepare healthy meals? As we cook through recipes, you will learn strategies to be more successful in the kitchen to support eating well.

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

### Cancer Recovery: Cooking for Taste & Swallowing Difficulties

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

**Program Provider:** AHS Nutrition Services and the Wellness Kitchen

**When:** 10:00 am - 12:30 pm  
April 24 or June 12

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.

**Registration:**  
<https://redcap.link/CancerRecoveryCooking>



#### Moroccan Quinoa Salad

Program: Cooking When Fatigued



#### Lemon Chia Pudding

Program: Cancer Recovery: Cooking for Taste & Swallowing Difficulties



## Stories from the Wellness Kitchen

### New Video Series: Home Blended Food for Tube Feeding

Families, caregivers, and healthcare providers now have access to a valuable new resource: The Home Blended Food for Tube Feeding (HBFTF) video series. This easy-to-access series offers practical resources to help families of children who are tube fed use home blended foods safely and confidently.

This video series is part of the Pediatric Eating And Swallowing (PEAS) project, which aims to improve care for children with feeding disorders.

In 2019, focus groups of Alberta families who provide blended meals to their tube fed children, highlighted the need for more practical tools and resources.

Families reported they liked using whole foods and ingredients, and felt empowered by the ability to include their child with cultural dishes and celebrations

Research shows that home blended food is beneficial for children with feeding tubes. It makes mealtime better, improves the wellbeing of caregivers, and leads to better health outcomes for the children.

Family input was important in creating the series. Dietitians worked closely with caregivers to focus the content while integrating their experiences into the videos.

“It has been incredible the amount of strength and muscle that our child has gained” shares an Alberta parent and caregiver. “She has made developmental milestones that her medical team told us were not possible for her, all within a year of starting our blended food journey.”

The video series and caregiver handbook can be accessed through:

- [Find Nutrition Workshops & Classes](#)
- [Pediatric Eating And Swallowing \(PEAS\)](#)
- [Wellness Kitchen](#)



AHS Registered Dietitians, Keri Fehler (left) and Kristina Van Nest (right), at the Wellness Kitchen during filming.

*The Home Blended Food for Tube Feeding (HBFTF) video series was created through a collaboration between AHS Nutrition Services, Wellness Kitchen, and Digital Media Services.*



**QR Code:**  
**Pediatric Eating And Swallowing (PEAS)**

