

D-Stress

Supporting wellbeing through building skills

This online free 2-hour interactive 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.

This workshop is delivered online via Zoom (available on smartphones, tablets, and computers).

Upcoming Free Workshops

Tuesday, April 8, 2025	1:30 pm – 3:30 pm	Register for Apr 8
Friday, May 9, 2025	10:00 am – 12:00 pm	Register for May 9
Thursday, May 29, 2025	10:00 am – 12:00 pm	Register for May 29
Tuesday, August 12, 2025	10:00 am – 12:00 pm	Register for August 12

*AHS, Recovery Alberta, and affiliated staff can register through MyLearningLink.

For more information or help registering, contact: MentalHealthPromotion@recoveryalberta.ca

