

D-Stress

Supporting wellbeing through skill-building workshops

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

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| • Tuesday, January 21, 2025 | 6:30 pm – 8:30 pm | Register for Jan 21 |
| • Wednesday, March 5, 2025 | 10 am – 12 pm | Register for Mar 5 |
| • Tuesday, April 8, 2025 | 1:30 pm – 3:30 pm | Register for Apr 8 |
| • Thursday, May 29, 2025 | 10 am – 12 pm | Register for May 29 |

AHS and Recovery Alberta Staff can register through [MyLearningLink](#)

For more information contact: MentalHealthPromotion@recoveryalberta.ca

