

# AMH Free Virtual Workshop

## E-Prep: prepare emotionally for emergency

Emergency Preparedness or E-Prep is an interactive and educational workshop that shares ways to be emotionally, socially, and practically prepared for a disaster or an emergency. It uses a step-by-step approach to help people make emergency plans that are unique to their lives.

**Where:** Delivered online (via smartphone, tablet, or computer)

**When:** Register for one of the following dates available

- **Thursday, January 25, 2024 from 10 a.m. – 12 p.m.**  
Register in advance for this webinar: [Register for January 25](#)
- **Tuesday, February 27, 2024 from 1 p.m. – 3p.m.**  
Register in advance for this webinar: [Register for February 27](#)
- **Wednesday, March 20, 2024 from 10 a.m. – 12 p.m.**  
Register in advance for this webinar: [Register for March 20](#)
- **Wednesday, April 24, 2024 from 1 p.m. – 3 p.m.**  
Register in advance for this webinar: [Register for April 24.](#)
- **Wednesday, May 22, 2024 from 10 a.m. – 12 p.m.**  
Register in advance for this webinar: [Register for May 22](#)

If you have questions about E-Prep or need support to register, contact: [AHSWellnessExchange@ahs.ca](mailto:AHSWellnessExchange@ahs.ca)

Additional resources are available, visit: [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).