

Emergency Preparedness (E-Prep)

Supporting wellbeing through skill-building workshops

This free 1-hour online workshop provides a step-by-step approach to preparing for an emergency or disaster. You will identify potential risks, look at the importance of emotional and social preparedness, and get information on what you'll need for a 72-hour shelter in place and a grab and go kit.

This workshop is delivered online via Zoom. It's available on smartphones, tablets, and computers.

Upcoming Free Workshops

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| • Wednesday, January 30, 2025 | 10 am – 11 am | Register for Jan 30 |
| • Thursday, February 20, 2025 | 1:30 pm – 2:30 pm | Register for Feb 20 |
| • Wednesday, March 12, 2025 | 10:30 am – 11:30 am | Register for Mar 12 |
| • Wednesday, April 16, 2025 | 1:30 pm – 2:30 pm | Register for Apr 16 |
| • Monday, May 5, 2025 | 9:30 am – 10:30 am | Register for May 5 |
| • Tuesday, May 6, 2025 | 10:30 am – 11:30 am | Register for May 6 |
| • Wednesday, May 7, 2025 | 1:30 pm – 2:30 pm | Register for May 7 |
| • Thursday, May 8, 2025 | 6:30 pm – 7:30 pm | Register for May 8 |
| • Wednesday, May 14, 2025 | 10 am – 11 am | Register for May 14 |
| • Thursday, May 22, 2025 | 1:30 pm – 2:30 pm | Register for May 22 |
| • Thursday, June 12, 2025 | 1:30 pm – 2:30 pm | Register for Jun 12 |

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

For more information or help registering, contact: HPDIP.MH.EarlyID@recoveryalberta.ca

