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

- **Friday, June 7, 2024 from 9:30 a.m. to 11:30 a.m.**
  Register in advance for this webinar: [Register now for June 7](#)

- **Tuesday, June 25, 2024 from 10:00 a.m. to 12:00 p.m.**
  Register in advance for this webinar: [Register now for June 25](#)

- **Thursday, July 25, 2024 from 1:00 p.m. to 3:00 p.m.**
  Register in advance for this webinar: [Register now for July 25](#)

- **Thursday, August 8, 2024 from 9:00 a.m. to 11:00 a.m.**
  Register in advance for this webinar: [Register now for Aug 8](#)

- **Wednesday, September 18, 2024 from 9:30 a.m. to 11:30 a.m.**
  Register in advance for this webinar: [Register now for Sept 18](#)

- **Thursday, October 24, 2024 from 1:00 p.m. to 3:00 p.m.**
  Register in advance for this webinar: [Register now for Oct 24](#)

- **Thursday, November 7, 2024 from 10:00 a.m. to 12:00 p.m.**
  Register in advance for this webinar: [Register now for Nov 7](#)

- **Friday, December 10, 2024 from 10:00 a.m. to 12:00 p.m.**
  Register in advance for this webinar: [Register now for Dec 10](#)

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).