

AMH Free Virtual Workshop

Wellness Exchange: skill-building series

Wellness Exchange is a series of skill-building workshops designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Topics include problem-solving, positive activities, managing reactions, helpful thinking, and healthy connections.

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

When: Wednesdays 1:30 – 3 p.m. January 17 to February 14, 2024
Thursdays, 6:30 – 8 p.m. February 29 to March 28, 2024
Tuesdays, 10:30 a.m. – 12 p.m. April 9 to May 7, 2024

Who: Adults interested in learning skills to cope with change and deal with stress.

Registration: Register for any or all topics of interest

Week 1 Problem-Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make.

[Registration for Wednesday, January 17 from 1:30 p.m. to 3:00 p.m.](#)

[Registration for Thursday February 29 from 6:30 p.m.- 8:00 p.m](#)

[Registration for Tuesday April 09 from 10:30 a.m. - 12:00 p.m.](#)

Week 2 Positive Activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

[Registration for Wednesday January 24 from 1:30 p.m to 3:00 p.m](#)

[Registration for Thursday March 07 from 6:30 p.m. - 8:00 p.m.](#)

[Registration for Tuesday April 16 from 10:30 a.m. - 12:00 p.m.](#)

Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

[Registration for Wednesday January 31 from 1:30 p.m. to 3:00 pm](#)

[Registration for Thursday March 14 from 6:30 p.m.- 8:00 p.m.](#)

[Registration for Tuesday April 23 from 10:30 a.m.- 12:00 p.m.](#)

Week 4 Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helping thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

[Registration for Wednesday February 07 from 1:30 p.m. to 3:00 pm](#)

[Registration for Thursday March 21 from 6:30 p.m. - 8:00 p.m.](#)

[Registration for Tuesday April 30 from 10:30 a.m.- 12:00 p.m.](#)

Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

[Registration for Wednesday February 14 from 1:30 p.m. to 3:00 pm](#)

[Registration for Thursday March 28 from 6:30 p.m. - 8:00 p.m.](#)

[Registration for Tuesday May 07 from 10:30 a.m. - 12:00 p.m.](#)

If you have questions about the Wellness Exchange or need support to register, contact: AHSWellnessExchange@ahs.ca

Additional resources are available, visit: www.ahs.ca/helpintoughtimes.