

# Wellness Exchange

## Supporting wellbeing through skill-building workshops

This online series is designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Adults can register for any or all five topics.

*Workshops are delivered online via Zoom. (available on smartphones, tablets, and computers).*

### Upcoming Free Workshops

#### Week 1 – Problem solving

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.

- Wednesday, January 15, 2025 1:30 pm – 3 pm [Register for Jan 15](#)
- Thursday, March 06, 2025 10:30 am – 12 pm [Register for Mar 6](#)
- Tuesday, May 13, 2025 10:30 am – 12 pm [Register for May 13](#)

#### 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.

- Wednesday, January 22, 2025 1:30 pm – 3 pm [Register for Jan 22](#)
- Thursday, March 13, 2025 10:30 am – 12 pm [Register for Mar 13](#)
- Tuesday, May 20, 2025 10:30 am – 12 pm [Register for May 20](#)

#### Week 3 – Managing reactions

Having confidence that we're 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.

- Wednesday, January 29, 2025 1:30 pm – 3 pm [Register for Jan 29](#)
- Thursday, March 20, 2025 10:30 am – 12 pm [Register for Mar 20](#)
- Tuesday, May 27, 2025 10:30 am – 12 pm [Register for May 27](#)

#### Week 4 – Helpful thinking

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.

- Wednesday, February 05, 2025 1:30 pm – 3 pm [Register for Feb 5](#)
- Thursday, March 27, 2025 10:30 am – 12 pm [Register for Mar 27](#)
- Tuesday, June 3, 2025 10:30 am – 12 pm [Register for Jun 3](#)

#### Week 5 – Healthy Connections

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

- Wednesday, February 12, 2025 1:30 pm – 3 pm [Register for Feb 12](#)
- Thursday, April 3, 2025 10:30 am – 12 pm [Register for Apr 3](#)
- Tuesday, June 10, 2025 10:30 am – 12 pm [Register for Jun 10](#)

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

If you have questions about Wellness Exchange, contact: [WellnessExchange@recoveryalberta.ca](mailto:WellnessExchange@recoveryalberta.ca)

