

Your Voice, Your Choice: Personal Directives Made Easy



Not sure how to start writing a Personal Directive? Personal Directives are a way for your family and caregivers to know and follow your healthcare wishes if you become unable to make your own decisions. All Albertans over the age of 18 should have a personal directive.

Join the Advance Care Planning Goals of Care team (Assisted Living Alberta) and get started. This class reviews:

- What a personal directive is and why it's important to write one.
- How to write your personal directive.
- What to think about when writing your personal directive.
- Templates to help you get started.

Class Type	Date	Time	Calgary Locations
In-person, Drop-in	Wednesday, September 24	10:00 a.m. – 11:30 a.m.	Grace Gardens 1028 15 Ave SW
	Tuesday, October 14	10:00 a.m. – 11:30 a.m.	Mountview Apartments 710 16 Ave NE
	Thursday, October 16	10:00 a.m. – 11:30 a.m.	Shouldice Commons 4730 19 Ave NW
	Monday, October 27	10:00 a.m. – 11:30 a.m.	Gilchrist Commons 503 Pinestream Place NE
	Wednesday, October 29	10:00 a.m. – 11:30 a.m.	Mount Royal Manor 1720 9A St SW
	Friday, November 21	10:00 a.m. – 11:30 a.m.	Friendship Manor 1923 33 St SW

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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**Primary Care
Alberta**

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