


January 16, 2023

Follow AHS\_Media on Twitter 

## Addiction, mental health virtual workshop series continues

WESTLOCK – Albertans are invited to join a variety of virtual group sessions and information series designed to help participants strengthen resiliency, overcome challenges, and promote positive mental health.

These online resources, developed by the Addiction and Mental Health team in the North Zone of Alberta Health Services, are geared toward adults interested in learning skills to cope with change, and deal with stress or increase their understanding in a particular mental health topic.

Group sessions require pre-registration, while the information series is offered on a drop-in basis.

### Group session topics:

- Learning to Live with Anxiety Series.
- Relationship Skills Series.
- Recovery Management.
- Wellness Exchange.
- Transform Your Stress: The Resilience Advantage.

### Information series (no registration required)

- Understanding addiction info series.
- Navigating addiction and mental health services.

Visit [North Zone Addiction & Mental Health - Community Integration | Together 4 Health \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/north-zone-addiction-mental-health-community-integration-together-4-health) for more information and a schedule of these online group sessions and information series.

Contact your [local Addiction & Mental Health clinic](#) to register or for more information.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

- 30 -

### **For media inquiries, contact:**

Diana Rinne  
AHS Communications  
587-771-0289  
[diana.rinne@ahs.ca](mailto:diana.rinne@ahs.ca)