

January 19, 2024

Online workshops to help Albertans identify, manage stress

EDMONTON — Albertans looking for ways to identify and manage stress are invited to participate in a free online workshop facilitated by Alberta Health Services (AHS).

D-Stress is an interactive workshop that includes a discussion of stress and when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan, which may include stress management techniques. Participants can take part through their smartphone, tablet or computer.

Register for one of the following dates:

- [Thursday, Jan. 25](#) from 6:30 p.m. to 8:30 p.m.
- [Wednesday, Feb. 21](#) from 10:30 a.m. to 12:30 p.m.
- [Tuesday, March 19](#) from 1:30 p.m. to 3:30 p.m.
- [Wednesday, April 10](#) from 6:30 p.m. to 8:30 p.m.
- [Tuesday, May 14](#) from 10:30 a.m. to 12:30 p.m.
- [Thursday, May 30](#) from 6:30 p.m. to 8:30 p.m.

If you have questions about the D-Stress program or need support to register, contact MentalHealthPromotion@ahs.ca or visit [Addiction and Mental Health Workshop Destress \(albertahealthservices.ca\)](#). For additional resources, visit www.ahs.ca/helpintoughtimes.

The D-Stress workshop is a replacement for the Transform Your Stress workshops, which were previously offered by AHS.

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.

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