

January 22, 2024

Workshop to share tips on preparing for emergency

EDMONTON — Albertans are invited to participate in Emergency Preparedness, or E-Prep, an online workshop that shares ways to be emotionally, socially and practically prepared for a disaster or an emergency.

The workshop uses a step-by-step approach to help people make emergency plans that are unique to their lives. It encourages individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. Through this interactive and educational webinar, participants are guided through a step-by-step approach to create a personalized emergency preparedness kit while focusing on mental health and emotional wellness. The program is for adults interested in learning skills to cope with disasters and emergencies, and to deal with stress.

Participants can take part through their smartphone, tablet or computer.

Register for one of the following dates available.

- [Thursday, Jan. 25](#) from 10 a.m. – noon
- [Tuesday, Feb. 27](#) from 1 p.m. – 3 p.m.
- [Wednesday, March 20](#) from 10 a.m. – noon
- [Wednesday, April 24](#) from 1 p.m. – 3 p.m.
- [Wednesday, May 22](#) from 10 a.m. – noon

If you have questions about the E-Prep workshop or need support to register, contact AHSWellnessExchange@ahs.ca or visit [Addiction and Mental Health Workshop Eprep \(albertahealthservices.ca\)](#). For additional resources, visit www.ahs.ca/helpintoughtimes.

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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