

SHC Wellness Centre Program Guide

Virtual Program Edition

During the temporary closure of the South Health Campus Wellness Centre a limited amount of virtual programming will be available for your convenience.

Disclaimer:

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Emotional Wellbeing

Mindfulness Practice Session

Mindfulness is a self-care approach that can help you deal with your stress by being more present in the moment. It's about building awareness and cultivating a different relationship with yourself, mind and body. Learn about basic mindfulness with guided practices.

When: July 14 6:45pm **Registration:** <https://app.booking.ca/shcwellnesspub/index.asp>

Program Provider: Charmaine Patterson, MSW, RSW

Confront the Discomfort: Calming Fear and Anxiety

Anxiety is a normal reaction to uncertainty regarding COVID-19. However, too much anxiety can take a toll on your daily life and overall well-being. In this course you will learn a variety of tools to help deal with fear and anxiety so you can confront the discomfort in a positive and healthy way. This is a one-hour, online workshop.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://recoverycollegecalgary.ca/>

Program Provider: Canadian Mental Health Association- Calgary Region

Treat Yourself Tuesdays

Treat Yourself Tuesday is all about you and the importance of staying well. Join us virtually to participate in amusing activities, learn new skills, discover and explore various topics of discussion, and genuinely connect with others. Each week will revolve around a different activity with easily acquired supplies so you can participate from your own home.

When: Tuesdays 10:30am-12:00pm **Registration:** <https://recoverycollegecalgary.ca/>

Program Provider: Canadian Mental Health Association- Calgary Region

HeartMath: the Resilience Advantage

Strategies for Managing Stress in Challenging Times

Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic. This introductory course includes a basic discussion of stress plus looks at different ways to manage stress, including two HeartMath breathing techniques.

Registration: [July 22 1:30 pm to 3:15 pm](#) **Information:** ahs.heartmath@ahs.ca
Program Provider: AHS HeartMath

Building Better Boundaries

Building better boundaries involves learning how to set boundaries, talking to others about your boundaries, and showing others you respect their boundaries. You will be introduced to what boundaries are, the various types of boundaries, why they are important and practice setting boundaries in specific COVID-19 related scenarios to help you improve your overall wellness.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://recoverycollegecalgary.ca/>

Program Provider: Canadian Mental Health Association- Calgary Region

Rethinking our Thoughts

What's more important, thinking or feeling? Both! How we think and what we think can often make us feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act, with a focus on thoughts and feelings related to COVID-19. Explore ways you can use your thoughts to help deal with challenges and skills you can implement to help keep you grounded during these uncertain times.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://recoverycollegecalgary.ca/>

Program Provider: Canadian Mental Health Association- Calgary Region

COVID-19: Adapting to Change

Change can be a challenge, and we have seen a lot of changes during the COVID-19 outbreak. This discussion based course looks at how we adapt to those changes, such as how to physically distance yourself, but still stay emotionally connected. How do we focus on what we can control rather than fight what we can't? How do we remain hopeful and compassionate with ourselves and others? These questions will be explored as a small group, and we will provide skills and tools to help you as you adapt to the current changes as well as any future changes

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://recoverycollegecalgary.ca/>

Program Provider: Canadian Mental Health Association—Calgary Region

Grief Support

The Grief Support Program has created an online video for those who have experienced a death related loss, or those who want to offer support to someone who has. Grieving can be more complex during an experience like a pandemic, this video provides information, comfort and hope and normalize these challenging bereavement experiences by providing resources, tools and approaches to grief and loss during a pandemic.

Video Session: <https://www.youtube.com/watch?v=LYvz-HUWlsc&feature=youtu.be>

Program Provider: AHS Grief Support Program

Seniors

Community Resources for Seniors Update

Join us for interactive online discussions and presentations on community resources for seniors. All are welcome to share experiences, hear what is new and connect with others to find resources and support around the community!

This session has a variety of dates and times available, visit the registration for more information.

Registration: jill@aginginplacesupports.ca or call 403-472-6445

Program Provider: Jill Chambers—Financial Concierge

Active Lifestyle

YMCA Calgary

YMCA Calgary has a variety of virtual programming for you and your family to stay healthy this summer! Visit [YMCA Calgary](#) for more information on virtual programming and facility opening dates.

Program Provider: YMCA Calgary

Support Groups

Caregiver Connections

There is no doubt that the COVID-19 pandemic is a difficult time to navigate at work and at home. During this session a counsellor and a family peer will provide people with the chance to talk about their experiences during the pandemic, to learn about anxiety and what to do about it, and how the grief process plays a role during this time. Participants will learn how to support their family/friends/community during this time. Facilitators will be provided with the opportunity to practice some grounding exercises during the session that they can utilize when needed. This group is for individuals who have or are currently supporting someone going through mental health concerns.

When: Tuesdays 6:00pm-7:30pm **Registration:** <https://recoverycollegecalgary.ca/>

Program Provider: Calgary Mental Health Association- Calgary Region

Alcoholics Anonymous

The primary purpose of AA is to stay sober and help other alcoholics by sharing experiences, strength and hope.

When: Friday's 8:00pm-9:00pm **Registration:** <https://zoom.us/j/656272000> **Password:** 979085

Program Provider: Alcoholics Anonymous

SMART Recovery

Based on the latest scientific research, SMART Recovery is a self-empowering addiction recovery support group where participants learn tools for addiction recovery. The SMART Recovery 4-Point Program helps people recover from all types of addiction and addictive behaviours.

This group has a variety of dates and times available, visit the registration website for details.

Registration: <https://smartrecoveryalberta.org/>

Program Provider: SMART Recovery

Anorexics and Bulimics Anonymous

A fellowship of individuals whose primary purpose is to find and maintain recovery in eating practices and to also help others gain recovery. ABA uses a Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of anorexia and bulimia disorders.

This online group has a variety of dates and times available, visit the registration website for details.

Registration: <https://aba12steps.org/aba-meetings/virtual-meetings/>

Program Provider: Anorexics and Bulimics Anonymous

Narcotics Anonymous

NA members share recovery with others where drugs or other addictions have become a major problem. Members are recovering addicts who meet regularly to help each other stay clean.

This online group has a variety of dates and times available, visit the registration website for details.

Registration: <https://chinookna.org/onlinemeetings/>

Program Provider: Narcotics Anonymous

Health Management

Celiac Disease Going Gluten Free

This class will review what celiac disease is, eating nutritiously on a gluten-free diet and strategies to avoid and limit cross contamination at home and when eating out.

This class has a variety of dates and times available, visit the registration website for details

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Eating Well for Good Health

Learn about general healthy eating recommendations, how to read food labels and how fat, fibre and sodium are all part of healthy eating.

This class has a variety of dates and times available, visit the registration website for details

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Heart Healthy Eating

Learn about heart healthy foods that improve cholesterol, blood pressure and triglycerides. Explore nutrition hot topics as they relate to heart health, like eating Mediterranean style!

This class has a variety of dates and times available, visit the registration website for details

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

I Know I Should Eat Healthy, But How?

Learn more about nutrition to help manage weight with tips on how to put nutrition knowledge into practice and the 4 P's: Plan, Purchase, Prepare and Pack.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

The Truth About What Works in Weight Management

In this session you will evaluate what you are eating and develop strategies that can help lower your calorie intake. You will also learn how meal patterns, food choices, and portion size affect calorie intake, and about which foods can help you manage your weight.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Eating Well and Managing Irritable Bowel Syndrome

Learn about symptoms of irritable bowel syndrome and how food and lifestyle choices can help you manage symptoms.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Eating Well with Fatty Liver Disease

In this class, you will learn about non-alcoholic fatty liver disease (NAFLD) and food-related recommendations to manage NAFLD.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Eating Away From Home

Learn about strategies and how to reduce overeating when eating away from home.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

The Top 5 Tips to Reduce Calories

Learn strategies to help prevent eating too many calories.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Managing Emotional Eating: COVID 19 Edition

This class is for people who would like to know more about emotional eating and what they can do to manage it. Learn about what influences food choices, how to build awareness of your own emotional eating and build skills and tools to help with your emotional eating.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Tips for Eating: Prediabetes & Diabetes

Learn how different foods can affect your blood sugars and learn tips to eat healthy while managing prediabetes and diabetes. This class is for adults who are diagnosed with prediabetes or Type 2 diabetes, and for those who are interested in preventing diabetes.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Information: www.ahs.ca/ahlp Calgary

Program Provider: Alberta Healthy Living Program

Mediterranean Style Eating for Health

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health or general well-being. Come discover the great flavors and many health benefits! Join us from the comfort of your home for this virtual health offering.

When: July 28 or August 25 12:00pm– 1:30pm

Registration: <https://app.booking.ca/shcwellnesspub/index.asp>

Program Provider: SHC Registered Dietitians

Food and Mood: COVID 19 Edition

This class will explore how your diet can impact your mood and some ways to manage emotional eating during the pandemic.

When: July 30 10:00am –11:30am **Registration:** <https://app.booking.ca/shcwellnesspub/index.asp>

Program Provider: SHC Registered Dietitian

Alzheimer Society Virtual Educational Sessions

During this time, the Alzheimer Society of Calgary is pleased to present a series of free virtual education sessions for local families impacted by dementia. Sessions will be provided via ZOOM video conferencing.

A variety of topics and dates are available, visit the registration website for details.

Registration: <https://www.alzheimercalgary.ca/>

Program Provider: Alzheimer Society of Calgary

Parents and Parents to-be

Birth and Babies

The most comprehensive prenatal and postnatal experience. Prepare for labour, birth, breastfeeding, baby care and more!

***This class has a variety of dates and times available, visit the registration website for details.**

Registration: <https://www.birhandbabies.com/>

Program Provider: AHS Birth and Babies

Early Pregnancy

This class will get you thinking about the changes pregnancy brings to your body, relationships, and lifestyle. Topics include coping with pregnancy discomforts, choosing a prenatal caregiver and lifestyle choices for a healthy pregnancy. Come early in your pregnancy to give you, your partner and your baby the best start.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birhandbabies.com/>

Program Provider: AHS Birth and Babies

Healthy Eating for Pregnancy

Looking for nutrition information? Wanting to know how your nutrition needs have changed or what foods are safe during pregnancy? Learn more about nutrition during pregnancy including tips to help you eat well and stay healthy.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birhandbabies.com/>

Program Provider: AHS Birth and Babies

Relax for Pregnancy and Labour

Does thinking ahead to labour, birth and parenting create some anxiety in you? Are you finding that balancing work, family and pregnancy can be a bit stressful? This session will explore a variety of relaxation and coping techniques that will give you practical ways to get in touch with your body, release tension, and handle changes in positive ways. This session will also give you more skills and confidence for labour.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birhandbabies.com/>

Program Provider: AHS Birth and Babies

Feeding Your Baby

Do you have questions about feeding your growing baby? A registered dietitian will answer your questions about infant feeding, including introducing solids and textures and other topics related to feeding your baby in the first 12 months.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birhandbabies.com/>

Program Provider: AHS Birth and Babies

Car Seat Safety

Learn about choosing the correct child safety seat for your child and how to use and install the different types correctly. Learn when a child should move to a different type of seat and the choices available. The current laws and recommendations will also be covered. Take before or after having your baby.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birthandbabies.com/>

Program Provider: AHS Birth and Babies

Especially for Fathers

This class is devoted to fathers and fatherhood, what it means to you to become a new father and what kind of parenting role you want for yourself and for your child. The top concerns of fathers for pregnancy, birth and fatherhood will be discussed as well as coping strategies for your new role.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birthandbabies.com/>

Program Provider: AHS Birth and Babies

Mealtime Struggles to Mealtime Success

Do you have questions about your child's eating? This class will show how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. This class is for parents and caregivers with children 1-5 years of age.

This class has a variety of dates and times available, visit the registration website for details.

Registration: <https://www.birthandbabies.com/>

Program Provider: AHS Birth and Babies