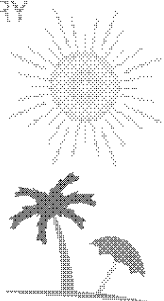


SCPCN Summer 2019 WORKSHOPS

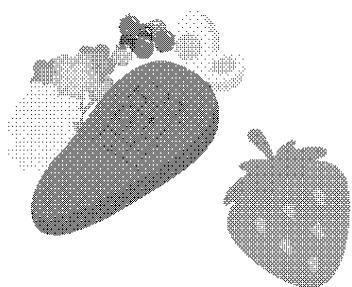


Check out what's upcoming this spring through the South Calgary Primary Care Network!

HEALTHY EATING

Dates updated monthly (2 hours x 1 session)

Looking to learn more about nutrition and healthy eating for yourself or your family? Do you find yourself relying on google or other social media sources for nutrition information? If you have questions on the latest nutrition trends and want the facts without marketing spins, this is the class for you!



UNDERSTANDING TYPE 2 DIABETES - PART 1 & PART 2

Pt 1: Dates updated monthly (1.5 hours x 1 session) / Pt. 2: Dates updated monthly (1.5 hours x 1 session)

This workshop series is ideal for people with:

- A new diagnosis of pre-diabetes or diagnosis of Type 2 Diabetes and a desire to improve blood sugar control
- A history of Gestational Diabetes and a desire to prevent diabetes in the future
- A family history of Type 2 Diabetes and a desire to reduce your risk of developing this condition

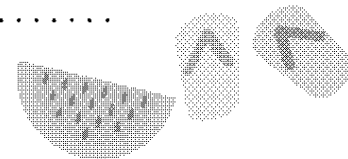
Register for all workshops by visiting www.scpcn.ca/workshops

NOTE: Many of our workshops fill up very quickly. Please feel free to register for our wait lists. You can either add your name to our master wait list by clicking on the button that says "notify me when new sessions are added to the website" or you may complete the form to register for a specific sessions' wait list.

HAPPINESS BASICS

July 18th start (2 hour sessions x 4 wks)

Happiness Basics is for those who want to learn skills to live a happier life. This empowering program will help patients understand how happy people think and what they do to create happiness.



THE MINDFUL JOURNEY

July 11th start(2 hour sessions x 8 wks)

Join us on a journey designed to alleviate recurrent depression and emotional distress by developing skills and strategies from Mindfulness Based Cognitive Therapy (MBCT) and Cognitive Behavioural Therapy (CBT).

ANXIETY TO CALM

July 3rd (2 hour sessions x 8 wks)

If anxiety has stopped you from doing your usual activities and living your best life, come learn skills to find calm, challenge yourself and live well. The program is focused on people learning more about anxiety, developing skills in class which are practiced at home to manage and reduce anxiety, and experience more calmness.

CRAVING CHANGE

Aug 16th start. (1 hour 30 min sessions x 6 wks)

Do you want to improve what, when or how much you eat?Then the Craving Change™ program is for you! It's Canada's #1 cognitive behavioural program for people who struggle with their eating habits. Learn how to deal with your specific eating struggles by changing your thoughts and/or behaviours.

BACK 2 HEALTH

July 17th (1.5 hour sessions x 5 wks)

A program with a focus on what works, what doesn't and how participants can help themselves manage low back pain. Patients will have the opportunity to learn what could be impacting the pain they are feeling, and how to manage this with concepts and tools that have been widely researched.

HEALTH BASICS

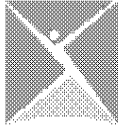
Dates updated monthly (2 hours x 1 session)

Do you want to choose healthy living, lose weight and become more active? This 8 week workshop helps people to prevent or treat chronic disease and helps maintain a healthy brain as you age.

Practice making small steps that lead to big changes. Learn to choose healthy eating, become more active and find balance in your life.

Some exercise occurs in class so please wear comfortable clothes and running shoes.

CANADIAN MENTAL HEALTH ASSOCIATION/ RECOVERY COLLEGE



Canadian Mental
Health Association

The SCPCN and The Recovery
College (through CMHA) have
partnered to offer you the
following workshops:

ART OF FRIENDSHIP

Fall series to come (2 hour sessions x 8 wks)

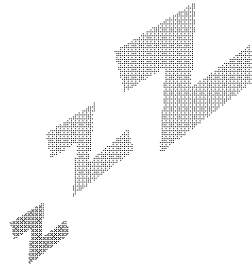
Good relationships require the use of effective communication tools and skills. In this course, you will gain insight into why people may misinterpret us or respond the way they do, improve your personal understanding and awareness, and learn how to get the most out of all of your relationships.



A GOOD NIGHT'S SLEEP

July 11th & 18th start (10am-12pm)

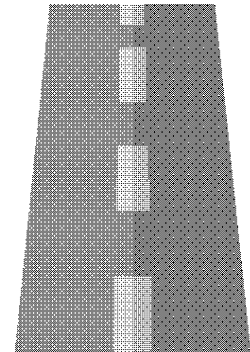
The aim of this course is to help improve your understanding of sleep and ways of dealing with sleep problems. This course will cover the effectiveness of your current sleep routine, and identify various ways to improve your sleep.



ROAD TO RECOVERY

Fall series to come
(2 hour sessions x 4 weeks)

Finding a way back from a mental health or substance use concern is a journey. This course focuses on what would be helpful in your life journey. It will assist you with tools to look at who you are now, identify who you hope to become, and what you need to do. You will learn how to find and develop strategies to help accomplish that goal, and live your life beyond your mental or substance use challenges.



FINDING YOUR BALANCE

Aug 1st, 8th & 15th (5-7pm)

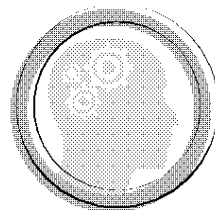
Are you supporting a loved one with a mental health or substance use concern? Unsure which course to take? This bite-sized course touches on topics most brought up by families such as: maintaining your own wellness, relinquishing control and ownership, improving relations with your loved ones by seeing the positives, and setting limits. This course is a condensed version of our eight week Finding Your Balance course and has a greater emphasis on providing space for family and friends to connect with others, while building your own capacity. Family and Friends seeking more in-depth discussion, tools and strategies are encouraged to attend Finding Your Balance.



RETHINKING OUR THOUGHTS

Aug 14th-Sept 4th (2-4pm)

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 – we will focus on self-awareness, perspective, though-behavior consistency, and finding ways to use your thoughts to help you deal with everyday challenges!



Questions about Recovery College Workshops?

Call 403-297-1402

