

SHC Wellness Centre Program Guide

During the temporary closure of the
South Health Campus Wellness Centre
a variety of **virtual programs** are available for your convenience.
Continue to check back regularly as new programs will be added.

For more information visit www.ahs.ca/shcwellness
or email wellness.shc@ahs.ca

Please see individual programs for registration information.

Disclaimer

For any programs, events or activities listed which are not organized and provided exclusively by AHS or its staff, note that Alberta Health Services (AHS) is not involved in the operation or management of the Provider's services or business. The availability of the Provider's services or programs through the AHS SHC Wellness Centre should not be construed as an approval or endorsement by AHS. Although reasonable efforts were made by AHS to confirm the accuracy of any data, information or materials provided or shared in connection with the activities or sessions that form part of the Provider's services or programs (the "Materials"), AHS does not make any representation or warranty, express, implied or statutory as to the accuracy, reliability, completeness, applicability or suitability and fitness for a particular purpose of the Materials. The Materials are not a substitute for the assessment, advice and expertise of a qualified medical or health professional. AHS expressly disclaims all liability arising out of or in connection with the use of the Materials and for any claims, actions, demands or suits arising from such use. It is your responsibility to ensure that the Materials are used appropriately. The Materials should not be acted upon without seeking advice from your physician or other health care provider to determine whether the Materials or the activities or programs to which they relate are appropriate for you. AHS recommends that you visit and seek the advice of a qualified health care professional for individual and personal attention related to health and wellness matters and for answers to any questions regarding any medical condition.



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Check it out!

Active Lifestyle

Parks Summer Programs

Nature Wellness Workshop

Join Calgary Parks for a Wellness Workshop in a local park or greenspace this summer. Participants will be guided through nature journaling activities and a guided walk to promote reflection and cultivate connection during these challenging times. Sign up to explore your level of resiliency and how natural spaces can support us through the different seasons of life. Journaling materials will be provided or you are welcome to bring your own notebook and pencil. Adults only, not recommended for children or youth.

When: June 17 – August 28: Thursdays & Saturdays

Thursday: 6:00pm – 7:30pm, Saturday: 9:00am – 10:30am

Information: <https://www.calgary.ca/csps/parks/programs/parks-summer-programs.html>

Registration: <https://liveandplay.calgary.ca/REGPROG/public/category/browse/OutdoorAll>

Program Provider: City of Calgary, Parks and Recreation



Wetland Wonders

Are you ready to learn all about the wonders of wetlands? Join Calgary Parks to explore these natural spaces and the wildlife that call them home. Discover why wetlands are important and get an up-close view of the amazing critters that live below the surface during a pond dip. Programs will be held at Ralph Klein Park and other local parks in the city. This program is sponsored by ConocoPhillips Canada. Participants must be accompanied by an adult. Recommended for family cohorts with children aged 5-12.

When: July 7 - August 28: Wednesdays & Fridays

11:00am – 12:30pm & 1:30pm – 3:00pm

Information: <https://www.calgary.ca/csps/parks/programs/parks-summer-programs.html>

Registration: <https://liveandplay.calgary.ca/REGPROG/public/category/browse/OutdoorAll>

Program Provider: City of Calgary, Parks and Recreation

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For more information visit www.ahs.ca/shcwellness or email wellness.shc@ahs.ca

Emotional Wellbeing

Canadian Mental Health Association - Calgary Region (CMHA Calgary)

Peer support program services can still be accessed over the phone at 403-297-1402 or through email at peer@cmha.calgary.ab.ca. The emails and phone calls will be responded to in a timely manner based on volume received between the hours of 11am – 3pm on Mondays, Wednesdays, Thursdays, and Fridays, and 1pm – 7pm on Tuesdays.

Please note: CMHA Calgary does not provide intervention for individuals contemplating suicide. If you or someone you know is considering suicide, please call the Distress Centre's 24-hr Crisis Line at (403) 266-HELP or visit their website. If you or a person you know is at immediate risk of harming self or others, please call 9-1-1.

Recovery College is our educational approach focused on helping people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. With more than 45 courses to choose from, there is support for everyone.

If you have any further questions, please do not hesitate to contact us at 403-297-1402 or email peer@cmha.calgary.ab.ca

Recovery College Virtual Courses

Gender, Sexual, and Romantic Diversity – Community Connections

Join us for discussions about Gender, Sexual, and Romantic Diversity topics where we will be defining what identity means as an LGBTQIA2S+ person. Gender, coming out, vulnerability, and positive trends in the community will be discussed as well as how to be supports for one another. We will explore, engage, and empower ourselves as we dive into this topic.

When: (3 sessions) Tuesdays April 19, April 26 & May 3, 2022 2:00pm to 4:00pm MST

Registration: <https://recoverycollegecalgary.ca/course/gender-sexuality-and-romantic-diversity-community-connections/>

Program Provider: CMHA Calgary

Managing Your Inner Critic

We're all our own worst critics! This course explores how you identify with yourself and your behaviors. In a group setting and individually, you will learn how to build strategies to challenge and deal with negative thoughts. This course is recommended for individuals between the ages of 16 to 24 years old.

When: (2 sessions) Wednesdays April 20 & April 27, 2022 2:00pm to 4:00pm MST

Registration: <https://recoverycollegecalgary.ca/course/managing-your-inner-critic/>

Program Provider: CMHA Calgary



Emotional Wellbeing

Meditation

Enjoy the benefits of meditation virtually with a Meditation expert from the Art of Living Foundation.

Each session includes light yoga, breathing techniques, meditation and some wisdom.

Please note, video must be on for participants during session.

When: April: Thursdays, April 7 and April 21, 2022 10:30am to 11:00am

May: Thursdays, May 12 and May 26, 2022 10:30am to 11:00am

June: Thursdays, June 2 and June 16, 2022 10:30am to 11:00am

Link to join class: <https://artoflivingca.zoom.us/j/87983906790>

Program Provider: Art of Living Foundation



Help in Tough Times

At some point in our lives we all have stressful times.

We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as COVID-19. Support is available from AHS Addiction and Mental Health. Resources and services, such as Text4Hope and Togetherall to help you or someone you know, including free virtual stress management workshops or AHS' new online Wellness Exchange.

Information & Registration: <https://www.albertahealthservices.ca/amh/page16759.aspx>

Program Provider: AHS Addiction and Mental Health



Virtual Mental Health: Togetherall

Togetherall is a clinically moderated, online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. Togetherall is free to all Albertans aged 16+, register using your Alberta postal code.

Information & Registration: <https://www.albertahealthservices.ca/amh/Page17137.aspx>

Program Provider: AHS Addiction and Mental Health and Togetherall



Emotional Wellbeing

2022 Parent Lunch & Learn Series

Children's Grief Centre provides the right support, in the right way, at the right time. For some families the right support may be individual or family counselling during a life-threatening illness or after a death; for others it may be attending a structured support group. We have also heard from many parents that they would appreciate brief, concrete, direct and accessible information as they navigate new situations with their grief and their children's grief.

Our Lunch & Learns Series is designed to meet the needs of parents/caregivers of children and teens who are grieving and the general public as well as professionals who seek to better understand how to support grieving children, teens and families.

Sessions are recorded and will be accessible on our website.

Information: <https://www.hospicecalgary.ca/childrens-grief-centre/>

Neurodiversity & Grief (Online via Zoom)

Grief is both a universal and individual experience. For people with neurodiversity, grief is unique in a whole different way. Neurodiverse kids and teens benefit from grief support that acknowledges and validates their ways of processing and showing up in the world while building coping skills that fit for them. This session will discuss some unique considerations for those navigating grief and neurodiversity (autism, ADHD, sensory processing difficulties). Please note: the Zoom link will be sent to registrants in the confirmation email.

When: Wednesday, April 13, 2022 12:00pm - 1:00pm

Registration: <https://www.eventbrite.com/e/parent-lunch-learn-series-neurodiversity-grief-registration-267768662277>

Program Provider: Children's Grief Centre



Emotional Wellbeing

Wellness Exchange

What: "Wellness Exchange" is a free online class with five topics related to wellness – one topic per week.

Where: Online (via smartphone, tablet, or computer).

When: Tuesdays, 11:00am – 12:00pm March 8 to April 5, 2022
(NEW!) Wednesdays, 6:30pm – 7:30pm April 13 to May 11, 2022
(NEW!) Thursdays, 11:00am – 12:00pm May 26 to June 23, 2022

Who: Adults interested in learning skills to cope with change and deal with stress.

Registration: Register for any or all topics of interest.



Week 1 Problem Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make.

Registration for March 8 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_V_-G7u-KTjSdhYPGeV5Xfg

Registration for April 13 from 6:30pm – 7:30pm

https://albertahealthservices.zoom.us/webinar/register/WN_VcY1tlvoShyC6GNNnM_VnA

Registration for May 26 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_OA3pjwMaRZ-PIJWnogh1eg

Week 2 Positive Activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

Registration for March 15 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_zDOazOPiSzOHw3YF5KDtHA

Registration for April 20 from 6:30pm – 7:30pm

https://albertahealthservices.zoom.us/webinar/register/WN_AQJeWOWuSBCxBEVOG6Dq2g

Registration for June 2 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_Bfh6QK-wTLGGjMJCvWv3ZA

(Weeks 3, 4 & 5 continued on next page)

Emotional Wellbeing

Wellness Exchange continued... Weeks 3, 4 & 5

Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.



Registration for March 22 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_0t2vbpimSfa1ueKu5XJR9w

Registration for April 27 from 6:30pm – 7:30pm

https://albertahealthservices.zoom.us/webinar/register/WN_v3QnK5ogTLC7ZCJT0oY4wg

Registration for June 9 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_Bb7mzfZRTWCKjg0sdK0B4w

Week 4 Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helping thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Registration for March 29 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_kp75aTI4SXSnlWYhYRFttQ

Registration for May 4 from 6:30pm – 7:30pm

https://albertahealthservices.zoom.us/webinar/register/WN_JXKAE1bKTMKhk4eM-kL0Ow

Registration for June 16 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_Rt0i4r4rRLm80E1QUtt60A

Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

Registration for April 5 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_6KdPCZCoRIGI8i_ArntjOw

Registration for May 11 from 6:30pm – 7:30pm

https://albertahealthservices.zoom.us/webinar/register/WN_p73klCz1Rw6tJBxe_7VQqA

Registration for June 23 from 11:00am – 12:00pm

https://albertahealthservices.zoom.us/webinar/register/WN_sdbqWL_5S-WHDqvBVCRV8g

Provider: AHS Mental Health Promotion & Illness Prevention

Questions: AHSWellnessExchange@ahs.ca



Emotional Wellbeing

**Transform Your Stress:
The Resilience Advantage™ —
Strategies for Managing Stress in Challenging Times**
comes in two parts, both led by AHS professionals.



PART 1 of this interactive workshop includes a basic discussion of stress plus looks at different ways to manage stress. Participants will come away with an understanding of the impact of emotions on the body plus an action plan to address their own stress.

When: Tuesday, April 19, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_GMeizjPsSCWtTuY-ILWFDw

When: Wednesday, May 11, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_edCUIImm1TTS_94nvUYvwqw

When: Monday, June 6, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_yhoZVn_RTyqEeTETj4fcJQ

PART 2 will discuss perception, decision-making and communication using techniques taught in Part 1. (Completion of Part 1 is essential prior to taking Part 2.)

When: Thursday, April 7, 2022 from 6:30pm to 8:00pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_jYVP66VmQgObQb__QGcHEw

When: Tuesday, May 3, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_y1LfQTu1QTir7phq8l3JgA

When: Wednesday, June 1, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_rR5kUO-GSOu9NbToWalCPg

When: Monday, June 20, 2022 from 6:30pm to 8:30pm

Register in advance for this webinar:

Registration: https://albertahealthservices.zoom.us/webinar/register/WN_FbhINXY8RhijHg_ceLZ2KQ

Employment Finance, and Computers

On Demand Money Management

Learn how to create a budget, pay down your debt, or how the banking system works, from anywhere, anytime. On demand money management workshops puts learning at your fingertips.

More info:

<https://momentum.org/programs-services/manage-your-money/on-demand-money-management-workshops/>

To register for the follow course visit: www.momentum.org

Program provider: Momentum

Manage your money course: Budgeting

Estimated course time: 45 minutes

Manage your money course: Credit

Estimated course time: 60 minutes

Manage your money course: Assets

Estimated course time: 45 minutes

Manage your money course: Banking

Estimated course time: 45 minutes

Manage your money course: Consumerism

Estimated course time: 45 minutes

Manage your money course: Educations Savings

Estimated course time: 15 minutes

Join the Momentum Savings Challenge, Get Rewards for Saving

The Momentum Savings Challenge is Calgary's only app-based rewards program designed for savers living on low incomes. We challenge you to save \$40 each month, on the QUBER automatic savings app. Stop the challenge at any time but the longer you save, the more **you could earn (up to \$100 in ten months)**.

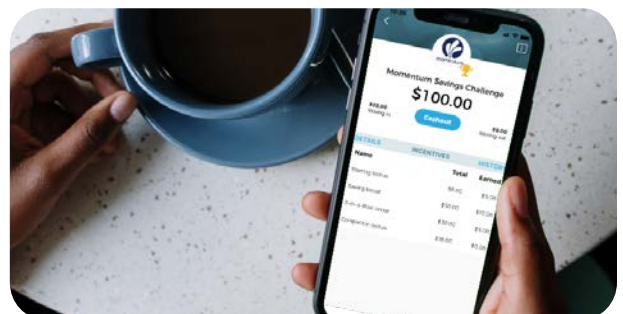
Learn more at momentum.org/savingsapp

Program provider: Momentum



Momentum is a change-making organization that acts as a bridge by taking an economic approach to poverty reduction and adding a social perspective to economic development initiatives.

Our programs are holistic, covering everything from financial literacy, entrepreneurship and employment training, to developing communication skills, building self-confidence and establishing positive social networks.



Please see individual programs for registration information.

Employment Finance, and Computers

Need a Computer? Borrow one from the Calgary Public Library!

Borrow a Computer lets you take home a Library Chromebook for up to eight weeks. Whether you want to work on a project, take an online course, meet virtually with friends, or search the web for information, a Chromebook can help you get it done. Valid Library membership and an internet connection at home is required.

Information: <https://calgarylibrary.ca/your-library/free-services/computers-and-chromebooks/borrow-a-computer/> or call 403-260-2600

Program Provider: Calgary Public Library



Calgary Employment Services

Resources to help you get the support you need to find new jobs, access training and be successful in your job search.

Website: <https://www.alberta.ca/calgary-employment-services.aspx>

Employment Services Directory:

Find employment and training programs in and around Calgary
<https://www.alberta.ca/lookup/esd-search.aspx>

The alis website:

Career and employment resources for Albertans
<https://alis.alberta.ca/>

Resources for French speaking job seekers:

<https://alis.alberta.ca/ressources-en-francais/>

Program Provider: Alberta Supports (1-877-644-9992)



Please see individual programs for registration information.

Continue to check back regularly as new programs will be added.

For more information visit www.ahs.ca/shcwellness or email wellness.shc@ahs.ca

Health Management Cancer

Wellspring, Calgary

Wellspring Calgary has been building a supportive cancer community since 2007. We support anyone living with any type of cancer, at any point on their journey – those diagnosed, caregivers and kids. Our vision is that no one has to face cancer alone. Virtual programs are available free of charge and without referral, some of our programs are open to the general public - please invite your friends and family. Please visit our website at www.wellspringcalgary.ca Call 587.747.0260 during business hours if you have any questions.



Speaker Series: Living Well - Ikigai and Illness: An Introduction

It is beyond challenging to have serious health problems, yet we can still live amazing lives. This session is an introduction to a wholehearted approach to co-existing with cancer. Based on the work of a Japanese oncologist, Dr. Jinroh Itami, Ikigai and Illness offers practical ways for living with cancer: playing an active role in your own treatment; finding ways to co-exist with uncertainty; clarifying what matters most; doing things for others and living an active, creative, and meaningful life in the present.

When: Thursday, April 28, 2022 6:00pm

Registration: <https://wel.gametime.net/cne/public/register/instanceid/31608?newspot=1>

Provider: Wellspring, Calgary

Health Management Chronic Conditions

For upcoming Arthritis Talks visit:

<https://arthritis.ca/support-education/arthritis-talks-webinars>

These sessions are free thanks to the generosity of sponsors.

If you have any questions that you would like to submit in advance or if you would like to have an Arthritis Society volunteer help guide you through connecting to a webinar please email: arthritis@arthritis.ca

Registration: <https://arthritis.ca/support-education/arthritis-talks-webinars>

Information: www.arthritis.ca

Program Provider: Arthritis Society



Health Management

Food, Nutrition & Cooking

Mediterranean Style Eating for Health (Demo)

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 cooking demonstration.

When: Thursday, April 21 12:00pm – 1:30pm

Wednesday, June 1 12:00pm – 1:30pm

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

Program Provider: SHC Registered Dietitians and the Wellness Kitchen



Eating Well When Fatigued (Demo)

Do low levels of energy impact your ability to cook?

Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands? Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

When: Wednesday, May 25 12:00pm – 1:30pm

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

Program Provider: SHC Registered Dietitians, Allied Health and the Wellness Kitchen



Health Management

Food, Nutrition & Cooking

The 4 P's for Meal Planning: Cooking Edition! (Demo)

Learn tips on how to put nutrition knowledge into practice with the 4 P's (Plan, Purchase, Prepare and Pack). This free 1 ½ hour virtual class is hosted from the Wellness Kitchen. This class is for Albertan adults ages 18 and older and includes a cooking demonstration.

For more information or to register, you can:

- Phone us at 403-943-2584; or
- Visit our website at www.ahs.ca/ahlp (click on Calgary Zone)

Program Provider: Alberta Healthy Living Program with the support of the Wellness Kitchen



Cooking Your Way to Wellness in Pregnancy (Cook Along)

Need help with meal planning and preparation?

Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please note: you will be provided a grocery list, equipment list and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

When: Tuesday, April 6 6:30pm – 8:00pm

Wednesday, June 22 6:30pm – 8:00pm

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies



Stories from the Kitchen

Food, Nutrition & Cooking

Making the South Health Campus Wellness Kitchen Work for You



Most of us received a pretty solid introduction to the world of physical activity growing up. Be it P.E., gym, intramural, community, or semi-competitive opportunities, on the whole we leave childhood with a basic understanding of how to move for health. Of course, lots of challenges can get in the way of daily physical activity routines, and especially if we have an injury some tailored, supportive, supervised return to activity with the help of a physio, exercise, or athletic therapist promotes recovery and rebuilding those important activity routines.

Interestingly, while diet and activity have similar roles to play in terms of achieving and maintaining a healthy lifestyle, eating gets a lot less practical attention. We might learn about healthy foods in primary school, but unlike soccer, baseball, or parachute games, very rarely do we practice the skills needed to eat them. In terms of feeling confident to play the game, there is a big difference between doing a soccer themed word search or reading exercise versus actually playing soccer. Beyond just playing, getting the opportunity to do a skills or drills clinic with an experienced soccer coach will take someone even further in terms of confidence in, success with, and enjoyment of the game. In the same way, practicing the skills of healthy eating (making a grocery list and sourcing those ingredients; reading, following, making and tasting a recipe; and preparing a healthy, balanced, snack or meal) helps with our confidence in, success with, and enjoyment of healthy eating. And, if we receive a diagnosis that changes how we need to eat, some practical time with a knowledgeable professional to work on the practical skills around healthy eating is similar to the physio prescribed after an injury.

The goal of the Wellness Kitchen is to be the place where you can practice your healthy eating skills. From foundational skills like planning and preparing, to condition specific support, there is something for everyone, at all stages of a lifelong healthy eating journey!

Come get a taste!

To submit a story, question, or feedback about the SHC Wellness Kitchen please email wellness.shc@ahs.ca

Julia MacLaren, RD

Is the Wellness Kitchen Consultant for AHS and a Registered Dietitian



Wellness Kitchen Recipe

Food, Nutrition & Cooking

Lentil Banana Carrot Muffins (Yield: 12 muffins)

Ingredients:

Quantity Split red lentils, rinsed and drained

Water

Canola oil

Brown sugar, packed

Egg

Vanilla

Ripe banana, mashed

Whole wheat flour

Baking powder

Baking soda

Allspice, ground

Salt

Carrot, finely shredded

Walnuts, chopped (optional)

$\frac{1}{2}$ cup

1 $\frac{1}{2}$ cup

$\frac{1}{3}$ cup

$\frac{2}{3}$ cup

1

1 $\frac{1}{2}$ tsp

$\frac{1}{3}$ cup (approximately 1 medium banana)

1 $\frac{1}{3}$ cup

1 $\frac{1}{2}$ tsp

$\frac{3}{4}$ tsp

$\frac{3}{4}$ tsp

$\frac{1}{4}$ tsp

$\frac{2}{3}$ cup (approximately 1 large carrot)

$\frac{1}{3}$ cup



Directions:

1. Preheat oven to 350o F.
2. Prepare muffin tin with liners or non-stick spray. Set aside.
3. Combine lentils and water in a medium saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer, about 10 minutes, until lentils are tender. Drain and set aside to cool.
4. In a mixing bowl, combine oil, brown sugar, vanilla and egg until well blended.
5. Add mashed banana and cooled cooked lentils. Stir to combine.
6. In a separate bowl, whisk flour, baking powder, baking soda, allspice and salt to combine.
7. Beat dry ingredients into lentil mixture a little at a time. Scrape down sides of bowl to ensure wet and dry ingredients are fully combined.
8. Stir in carrots and chopped walnuts.
9. Spoon batter into prepared muffin tin.
10. Bake 30 minutes or until toothpick inserted into the center of the muffins comes out clean.

Recipe Source:

Adapted from <https://www.lentils.org/recipe/lentil-banana-carrot-cake/>



Health Management

General

Alberta Healthy Living Program, Calgary Zone

What do we do?

We are here to answer questions about living with chronic health conditions. Our goal is to help improve the health, well-being and quality of life of our participants.

Our virtual programs and services include:

Health Education:

We offer a variety of condition and non-condition specific classes about balance, chronic pain, COPD, osteoarthritis, osteoporosis, Parkinson disease, sleep and more.

Nutrition:

We offer nutrition classes in English, Cantonese, Mandarin and Punjabi about weight management, heart health, diabetes, celiac disease and more.

Supervised Exercise:

A healthcare professional will guide participants through our program and help them develop strategies and overcome barriers to being physically active. This will include opportunities to attend educational sessions, exercise in a supervised (virtual or in-person) group setting and work on an action plan to continue exercising at home or in the community.

Self-Management

Our 6-week Better Choices, Better Health® (BCBH®) and BCBH- Chronic Pain® workshops provide participants with a number of tools and support to self-manage their chronic health conditions.

For more information or to register, you can:

- Phone us at 403-943-2584;
- Scan the QR code with your phone; or
- Visit our website at www.ahs.ca/ahlp (click on “Calgary Zone”)



Chronic Disease
Management

Alberta
Healthy Living
Program



Kids, Tweens and Teens

Promoting Resilience and Self-Regulation

Will discuss tools & stress management strategies to help children learn to recognize and manage their stress and emotions. Will also speak to how to help children learn to cope with stress and to better express their feelings & emotions while promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.

Will focus on children 2-7 years.

Registration: <http://community.hmhc.ca> or use QR Code

When: Wednesday May 4, 2022 6:30pm – 8:30pm

Contact: CES@ahs.ca • 403 955-4730

Program Provider: Community Education Service

Susanne Harach-Vatne, Prof Development for Early Learning & Care Professionals, Educator Parenting Programs; Strong Minds Strong Kids PD Ed, ZYT TOT The Growing Brain -Birth to 5, ZYT TOT Critical Competencies for Infant & Toddler Educators, AHS TOT Psychological First Aid, Trauma Informed Care Provider Facilitator, Facilitator Families Matter.



Easier Than You Think – Workshops for Parents and Natural Supports: Talking to teens about sex, sexuality, and sexual health

The Easier Than You Think programs provide interactive learning to parents on how to communicate with their children on topics related to sexuality and sexual wellness. Research by SEICUS shows that kids want to hear from their parents about not just sexual activity, but also about love, values, and relationships. This program will provide you with tools to have those important and meaningful conversations with your kids throughout their childhood and teen years. This session is aimed for parents of 12-18-year-old kids.

Registration: <http://community.hmhc.ca> or use QR Code

When: Tuesday, May 17, 2022 1:00pm – 3:00pm

Contact: CES@ahs.ca • 403 955-4730

Program Provider: Community Education Service

Natasha Hoehn (She, Her, Hers), Training Centre Facilitator BA, MA
Elizabeth McNeilly (she/her), Training Centre Facilitator, PhD



Parents and Parents-To-Be

We are committed to helping you make connections while providing essential education and support during pregnancy, birth, and the postpartum period. Connect and learn with expectant and new parents wherever you are.



Early Pregnancy

This free interactive class will get you thinking about the changes pregnancy brings to your body, relationships, and lifestyle. Come early in your pregnancy to receive the most benefit from this class.

Topics covered include:

- Lifestyle choices to facilitate a healthy pregnancy
- Relationship changes
- Choosing a caregiver and the differences between physician and midwifery care
- Warning and preterm labour signs
- Decision making
- Resources
- Common discomforts, challenges, and coping

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

Registration: www.birhandbabies.com **Program Provider:** AHS Birth and Babies

Healthy Eating for Pregnancy

Looking for reliable pregnancy nutrition information? Learn tips to help you eat well, stay healthy and support healthy weight gain. Need ideas for healthy meals or wondering about certain nutrients or which foods are safe to eat? These questions and more will be answered by a registered dietitian. Pregnant women at any stage of their pregnancy and their support person are welcome. Alberta residents only.

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

Registration: www.birhandbabies.com **Program Provider:** AHS Birth and Babies

Nutrition for New Moms

If you've had a baby recently this class is for you!

Learn strategies to help fuel your own body while caring for a baby. Discussion will include balanced eating, meal planning and goal setting. Specifics on nutrition and breastfeeding will be reviewed. A Free 90 minute class open to Alberta residents only.

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

Registration: www.birhandbabies.com **Program Provider:** AHS Birth and Babies

For the complete list of classes and education offered visit: www.birhandbabies.com



Parents and Parents-To-Be

Buying for Baby

Baby is coming, what do you really need to buy? How many diapers will you need? Is a more expensive stroller better for baby? What kind of toys are best for baby's development? Answers to these questions and more will help you decide what to buy and how much to spend. Information about parental benefits and RESPs for baby will also be discussed. We promise you can save at least \$500 by attending this one evening class.

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

Registration: www.birhandbabies.com

Program Provider: AHS Birth and Babies



Birth & Babies Essentials

Discussion, multimedia presentations, and practice sessions are used to help you prepare for labour, birth, and parenting.

Topics include:

- Signs of labour
- How labour progresses
- When to go to the hospital
- Breathing, relaxation, positioning, and other comfort measures
- Community resources
- Medical procedures
- Pain medications
- Decision-making
- Breast/chestfeeding and baby care basics
- New parent tips

Birth & Babies Essentials is offered in a variety of formats to meet your needs. Choose from:

Birth & Babies Essentials Weeknight (6 weekday evenings x 2 hours)

Birth & Babies Essentials Weekend (4 Saturdays x 3 hours)

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

Registration: www.birhandbabies.com

Program Provider: AHS Birth and Babies

For the complete list of classes and education offered visit:

www.birhandbabies.com

Seniors



Financial Concierge™ provides professional, personalized, confidential financial services for older adults, in-home wherever possible and remotely when required.

Speaking Topics:

Aging in Place: My Health

What is your state of health now? What can you do now to help ensure a healthy future?

When: April 5, 2022 1:00pm

Aging in Place: My Home

Think about the home you live in now. Do you plan to live there when you are 70? 80? 90? What changes can you make to your home to support your needs?

When: April 12, 2022 1:00pm

Aging in Place: My Finances

Think about the state of your finances and your sources of income now. What will they be like when you are 70? 80? 90?

When: April 19, 2022 1:00pm

Aging in Place: My Transportation and Safety

Think about the types of transportation you use now. Do you plan to travel the same way when you are 70? 80? 90?

When: April 26, 2022 1:00pm

Aging in Place:

My Community, Supports and Services

Think about your social life as it is now. What will it look like when you are 70? 80? 90? What activities will you need assistance with as you age? What supports are available for caregivers / caregiving?

When: May 3, 2022 1:00pm

Upcoming Speaking Topics:

Is it time to hang up the car keys? **When:** May 10, 2022 1:00pm

Basic Wills: Why and How **When:** May 17, 2022 1:00pm

Taking Over a Parent's Finances **When:** May 24, 2022 1:00pm

Program Provider: Financial Concierge™

Registration for all programs; please email:
jill@aginginplacesupports.ca

Financial Concierge™ provides day-to-day financial management, document organization and estate administration services. Virtual presentations available the 1st Tuesday of every month.

Support Groups

Alcoholics Anonymous, Calgary

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

For more information: www.calgaryaa.org

Email: centraloffice@calgaryaa.org

24 hour a day / 7 Days a week: 403-777-1212

Meeting Guide:

(FREE app on Google Playstore or Apple Store)

Brought to you by Alcoholics Anonymous World Services, Inc., Meeting Guide is a free of charge app that provides meeting information from A.A. service entities in an easy-to-access format.

Over 100,000 A.A. meetings are currently listed. The information is refreshed twice daily by relaying meeting information from more than 300 A.A. service entities; area, district, intergroup/central offices, and international General Service Office websites.

Program provider: Alcoholics Anonymous



Anorexics and Bulimics Anonymous (ABA)

Anorexics and Bulimics Anonymous (ABA) is a fellowship of individuals whose primary purpose is to find and maintain recovery in our eating practices, and to help others gain recovery. We use the Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of the disorders of anorexia and bulimia. We have daily virtual meetings attended by folks across the world, and we warmly welcome new members. For login details and more information, please visit our website.

Registration site: www.aba12steps.org

Program Provider: Anorexics & Bulimics 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 site: <https://smartrecoveryalberta.org/meetings>

Program Provider: SMART Recovery

Support Groups

Alzheimer Society Calgary

Visit www.alzheimercalgary.ca for upcoming webinars.

Caregiver Strategies Part 1: Communication and Behaviours

Learn practical strategies to equip yourself with helpful communication and behaviour frameworks. You will gain confidence, build your resiliency and empower yourself with great skills.

When: Wednesday, April 13, 2022 6:00pm - 7:30 pm

Registration: <https://www.alzheimercalgary.ca/learn/attend-a-session>

Program provider: Alzheimer Society Calgary

Caregiver Strategies Part 2: A Caregiver's Journey

This 1.5-hour long webinar will look at challenges that some caregivers are faced with. Topics will include: Grief, Guilt, Self-Care and building a team of support.

When: Wednesday, April 20, 2022 6:00pm - 7:30 pm

Registration: <https://www.alzheimercalgary.ca/learn/attend-a-session>

Program provider: Alzheimer Society Calgary

Alzheimer's Disease - The Known and the New

- This zoom session covers the following topics:
- What is dementia?
- What is Alzheimer's Disease?
 - Types and variants
 - Genetics and genetic risk
 - Diagnosis, treatment and related research
 - Risk factors
- Strategies and resources for caregivers
- Strategies to reduce risk, and slow the progression
- Programs and services for caregivers

When: Wednesday June 8, 2022 10:00am - 11:30am

Registration: <https://www.alzheimercalgary.ca/learn/attend-a-session>

Program provider: Alzheimer Society Calgary



Please see individual programs for registration information.



Support Groups

ABQUITS

AHS has updated its FREE 3-month text messaging program that delivers motivational messages, advice and tips to your cell to help you quit. The text service has been enhanced to include support for quitting vaping and a live chat feature with quit counselors. The free text services is designed for those who are ready to set a quit date within the next 30 days, or have recently quit. Messages are tailored to your quit date.

Registration: Text the word ABQUITS to number 123456 to register for free.

For more information go to: <https://albertaquits.healthiertogether.ca/getting-help/>

When you register:

1. You will be asked to text back your quit date in yyyy-mm-dd format.
2. You will receive a confirmation message and a maximum of 3 messages per day.

You can also use some keywords like CRAVE (info about beating cravings) or STRESS (coping with stress) to get extra, on-demand, support when you need it. Get a list of available keywords by texting KEYWORDS on your phone.

Once signed up, the user will receive further information including live chat operating hours and links to a variety of supports.

Operating hours for live text in Alberta are:

Monday - Thursday: 6:00am to 7:00pm
Friday: 6:00am to 4:00pm
Saturday - Sunday: 7:00am to 3:00pm

Program Provider: Alberta Health Services – Tobacco, Vaping, and Cannabis Program

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>

Program Provider: Narcotics Anonymous

