

Community Health Sessions for Groups with English levels of CLB 2-3

The Diversity Liaison Team of Primary Care Alberta (PCA), formerly known as Alberta Health Services, is dedicated to improving access to health services and health information for diverse communities. Below is a list of in-person or virtual health education sessions that our Diversity Liaisons can offer to groups of 10 or more participants. These sessions are designed for individuals with an English language proficiency level of CLB 2-3. We will use simple English and incorporate plenty of visuals to aid understanding.

If your group has participants below CLB 2, we recommend providing an interpreter for the session or you can request us to conduct the session in Cantonese, French, Korean, or Mandarin.

For more information and to return the completed request form, please email diversityliaisonsteam@primarycarealberta.ca or contact Yvonne Hau at YiuYam.Hau@primarycarealberta.ca.

Topic and estimated length	Health Session Contents
1. YHC Your Health Care Choices 1.5 hours	This session outlines key health care services available in Calgary, such as the 811 Health Advice phone service, family doctors, walk-in clinics, after-hours clinics, urgent care centers, emergency departments, and Access Mental Health. It also discusses how to use the 811 service and how to request health care interpretation services.
2. BTG Beat the Germs 1.5 hours	This is an overview of proper handwashing techniques, methods to prevent germ transmission, and the correct use of antibiotics. To enhance awareness of hand hygiene, facilitators may utilize Glow Germ Kits.
3. PH Personal Hygiene 1 hour	This is an overview of personal hygiene of hand, body, oral and sexual and reproductive health system. It can be combined with the topic of Beat the Germs. Two topics delivered in one session will require 2 hours.
4. CHF Choosing Healthy Foods in Canada 1.5 hours	Choosing healthy foods in Canada can differ significantly from making healthy food choices in many other parts of the world. This health session emphasizes key food and nutrition choices to assist diverse communities in making healthier food selections for their families. Topics covered include Choosing Healthy Foods and Drinks, Label Reading, The Healthy Plate, and meal examples.

5. GASH Get Active, Stay Healthy 1.5 hours	Getting active can provide numerous health benefits. This health session will explore creative ways to incorporate physical activity into our daily lives, whether at home, at work, or at school. It will offer physical activity guidelines tailored to different age groups and provide community resources to support active living, especially for those with limited resources.
6. OHA Oral Health and Resources for Adults 1.5 hours	Oral health is a crucial component of overall health and well-being. This health session introduces the causes and effects of dental cavities in adults, offers guidance on preventing dental diseases, and presents available dental care resources for lower-income adults and families.
7. OHC Oral Health & Resources for Children 0-6 years of age 1.5 hours	An introduction to the causes and effects of dental cavities for children, ways to prevent dental diseases, and dental care resources that are available for lower-income families with children.

Session Request Form (Please complete the table below, copy it, and send it to YiuYam.Hau@PrimaryCareAlberta.ca)

Date & time to start the health session	Requesting agency	Requester name, email, cell phone (for last min. issues)	Requested topic (e.g. HIS, HCB...etc.)	Requested language: PCA provides English/ Cantonese/ French/ Korean/ Mandarin	Expected no. of attendees	Group's age, gender, language level	Is the virtual link provided by the requester or PCA? In-person health session will require a detailed location