



Community Health Sessions for Groups with English levels at CLB 4 & higher

The Diversity Liaisons Team of Primary Care Alberta (PCA), formerly part of Alberta Health Services (AHS), is dedicated to improving access to health services and information for diverse communities. We are excited to offer health sessions in English and/or select first languages, scheduled either virtually or in person at a convenient time for your group. Please note that PCA will conduct all virtual health sessions exclusively via Zoom. To stay updated on our list of health sessions, please visit <https://DiversityCalgary.ca>

You are invited to book any of the health sessions listed below for a group of 10 or more participants. We kindly ask that you provide us with at least one month's notice. For more information and to submit the completed request form, please contact us:

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Health Sessions On Health Systems, Health Services & Health Benefits

Topic and estimated length	Health Session Contents
1. HIS Health Insurance System 1.5 hour	This session provides an overview of various health care options and programs available in Alberta, including Alberta Health Care Insurance, Alberta Blue Cross Insurance, Alberta Child Health Benefits, Alberta Adult Health Benefits, and Low-Income Eye and Dental Assistance Programs.
2. 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.

<p>3. SHB Seniors' Health Benefits 2 hours</p>	<p>For seniors, this session highlights health benefits related to programs such as Alberta Health Care, Alberta Blue Cross, dental and optical services, Alberta Aids to Daily Living, and the Special Needs Assistance Program. Information on health advice and interpreting services is also included, along with guidance on using the 811 service.</p>
<p>4. THR Travel Health Risks – Visiting Friends and Relatives 1.5 hours</p>	<p>This is a highlight of some health risks for those who may travel to their country of origin to visit friends/relatives. This also covers resources and useful tips on what to prepare before your trip.</p>
<p>5. C19 COVID-19 Immunization 1.5 hours</p>	<p>This health session is dedicated to discussing COVID-19, covering topics such as the virus itself, the COVID-19 vaccines, recommendations on who should and should not get vaccinated, how and where to get vaccinated, potential side effects, and resources for more information.</p>
<p>6. CAT COVID-19 & Travel 1.5 hours</p>	<p>This session talks about travel health risks related to COVID-19, travel insurance, Canada's accepted COVID-19 vaccines and documentation, dos and don'ts for fully vaccinated travelers, acceptable COVID-19 tests, and where and how to obtain testing and proof of vaccination, along with resources for up-to-date information.</p>
<p>7. CCHS The Culture of the Canadian Health System 1.5 hours</p>	<p>This session contains stories that illustrate the unique culture of the health system, emphasizing that everyone has access to health care, adults are responsible for making their own health care decisions, emergency departments are designated for life-threatening issues, and the roles of family doctors and patients within the system. Newcomers and participants will learn about the essential health care options available in Calgary, when and how to appropriately use these services, and the roles of health professionals and patients in the Canadian health care system.</p>
<p>8. ACP Advance Care Planning ACP Part I --1.5 hours ACP Part II--1.5 hours ACP Part I&II-- 2.5 hours</p>	<p><u>Advance care planning</u> involves outlining and documenting your health care wishes for both the present and the future. This process is important for all adults, especially for those with health issues. The session can be split into two parts: Part I covers what advance care planning is, the significance of a Personal Directive, and how to prepare one; Part II explains what a Goals of Care Designation Order is, the meaning of a green sleeve, and how to obtain one.</p>

	<p><u>Personal Directive:</u> Your Personal Directive is a legal document that designates someone you trust to make important decisions on your behalf if you become unable to do so.</p> <p><u>Goals of Care Designation Orders:</u> Your Goals of Care Designation Order is A medical order that enables the health care team to align your values and preferences with the care you receive, should you be unable to communicate your wishes.</p>
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Health Sessions For Families with Children

Topic and estimated length	Health session Contents
<p>9. SCT Safety Car Seat Training 1.5 hours</p>	<p>A highlight of regulations, education, and tools to assist child caregivers in securing car seats properly and reducing the likelihood of injuries.</p>
<p>10. OHC Oral Health & Resources for Children 0-6 years of age – 1.5 hours</p>	<p>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.</p>
<p>11. PHL Packing A Healthy Lunch 2 hours</p>	<p>This presentation is designed for immigrant parents of school-age children. By the end of this presentation, participants will be able to:</p> <ol style="list-style-type: none"> 1. Recognize Canada’s Food Guide and identify foods in each food group. 2. Appreciate the importance of including foods from all four food groups for overall health. 3. Understand how to pack a lunch using the appropriate tools (e.g., ice packs, involving children in the process). 4. Find tips to stay prepared for lunch. 5. Plan a sample lunch bag. 6. Recognize if they are packing too much food for their children.

<p>12. KSW Keeping Safe in the Winter 1.5 hours</p>	<p>This topic addresses winter in Calgary, discussing the risks associated with the season, how to stay safe, winter activities to remain active, and available resources. This session is particularly beneficial for newcomers to Calgary, Alberta.</p>
<p>13. CH Children’s Health 1.5 hours</p>	<p>Children explore with their mouths and hands. This topic discusses risk factors for children, including choking hazards, poison, falls, viruses & bacteria, and winter. It shares what caregivers can do to reduce disease, injury and death caused by these risk factors.</p>

Health sessions for Adults

Topic and estimated length	Health session Contents
<p>14. EW Emotional Wellness 2 hours</p>	<p>This session talks about an overview of good health, factors that affect health, how to identify and cope with stress and problems, strategies for maintaining emotional well-being, and where to seek help if needed.</p>
<p>15. SM Stress Management 2 hours</p>	<p>This will be an interactive session featuring tools to help participants identify and manage their stress effectively.</p>
<p>16. WH Women’s Health 1.5 hours</p>	<p>This is an overview of women’s health, covering breast and cervical health, sexual health, and pregnancy. Resources and suggestions for staying healthy in these areas will also be provided.</p>
<p>17. MH Men’s Health 1.5 hours</p>	<p>This is an overview of men’s health, focusing on prostate and testicular cancers, sexual health, heart health, and mental well-being. Resources and suggestions for maintaining health in these areas will be included as well.</p>
<p>18. BTG Beat the Germs 1.5 hours</p>	<p>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.</p>

<p>19. OHA Oral Health and Resources for Adults - 1.5 hours</p>	<p>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.</p>
<p>20. RCR Reducing Cancer Risks 1.5 hours</p>	<p>Almost half of the cancer cases in Alberta are preventable. This health session shares statistics, outlines cancer prevention guidelines, and suggests lifestyle changes to help reduce cancer risk.</p>
<p>21. CHF Choosing Healthy Foods In Canada 2 hours</p>	<p>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.</p>
<p>22. NFS Nutrition for Seniors: NFS Part I--1.5 hours NFS Part II--1.5 hours Part I + II-- 2.5-3 hours</p>	<p>This health session addresses the unique nutritional needs of seniors (65 years +) from multicultural backgrounds who are NOT on any special diet. **Part I - Healthy eating (balanced meals, healthy drinks, and a healthy plate) **Part II - Nutrition intake in Protein, Calcium, Vitamin D, and Salt.</p> <p>Community groups can book either Part I or Part II, or both.</p>
<p>23. GASH Get Active, Stay Healthy 1.5 hours</p>	<p>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.</p>
<p>24. TSB Tips to Sleep Better 1.5 hours</p>	<p>This session will discuss the importance of a good night's sleep and offer tips for improving sleep quality. These tips will cover various aspects, such as daytime activities, dietary choices, sleep environments, pre-bedtime routines, and when to consider seeking advice from a doctor.</p>
<p>25. UC Understanding Cannabis - 1.5 hours</p>	<p>Now that cannabis is legalized in Canada, it's important to understand its implications for ourselves and our children. This health session will provide insights into cannabis, including its health effects, legal regulations, and overall impact on our lives.</p>

<p>26. UV Understanding Vaping 1.5 hours</p>	<p>Did you know that 34% of Alberta students in grades 7 to 12 have tried vaping at least once? Many vaping products can be harmful to young, developing brains. This presentation will give an overview of vaping, its health effects, the laws surrounding it, and its impact on our community.</p>
<p>27. VUA Videogame Use & Abuse 2 hours</p>	<p>Video gaming has brought about a significant cultural shift in entertainment and socialization, similar to the advent of radio, television, and the internet. This health session will discuss different types of video games, their design, issues related to disordered use, the risks of addiction, and available interventions and resources.</p>
<p>28. VMS Vitamin, Mineral Supplements 1.5 hours</p>	<p>Lastly, did you know that high intakes of vitamin and mineral supplements (VMS) can be dangerous? This health session will provide an overview of VMS, outline official recommendations, debunk common myths and facts, advise when to consult a nutritionist or dietitian, and share credible resources on nutrition.</p>
<p>29. SMY Social Media & Youth 2 hours</p>	<p>This session addresses social media use in relation to risk and protective factors, benefits and risks, brain development, digital citizenship, social media trends, strategies for managing social media use, and resources for additional help and information.</p>
<p>30. UD Understanding Dementia 1.5 hours</p>	<p>Dementia involves a decline in mental skills that affects daily life, including memory, thinking, and planning abilities. This health session aims to raise awareness about dementia, discussing its causes, signs, diagnosis, treatment options, care, associated risks, prevention strategies, and available resources.</p>
<p>31. US Understanding Shingles 1.5 hours</p>	<p>Shingles can affect individuals with a weakened immune system and seniors. If untreated, it may impact organs and brain nerves. This health session will cover symptoms, causes, associated risks, prevention methods, when to seek medical attention, treatment options, self-care tips, and additional resources for information.</p>
<p>32. MTS Medical Tests and Specialists - 1.5 hours</p>	<p>This overview will guide you on what to prepare and consider before undergoing medical tests and consulting specialists in Canada.</p>

<p>33. EP Emergency Preparedness 1.5 hours</p>	<p>With numerous disasters occurring in and around our communities, it's essential to learn how to prepare for unforeseen events. This presentation will highlight potential risks, emphasize the importance of disaster preparedness, discuss family planning, and outline necessary preparations.</p>
<p>34. PFO Preventing Falls in Older Adults 2 hours</p>	<p>Falls are the leading cause of injury among older adults, with one in three experiencing a fall each year—most of which occur at home. This workshop will address the causes of falls, prevention strategies, steps to take if a fall occurs, and resources for preventing falls among older adults.</p>
<p>35. BH Bone Health 1.5 hours</p>	<p>Building and keeping strong, healthy bones continues throughout your life. Bones have many important roles in the body. They support your body, protect organs, help muscles work, and store calcium. This is an overview of bone health: What is osteoporosis, what causes osteoporosis, differences between osteoporosis and osteoarthritis, how to keep bones strong and healthy, how much Calcium and Vitamin D do you need, understanding supplements, and credible nutrition resources. Maintaining strong, healthy bones is important throughout life. Bones serve many essential functions, including supporting the body, protecting organs, aiding muscle function, and storing calcium. This overview of bone health will cover what osteoporosis is, its causes, the differences between osteoporosis and osteoarthritis, ways to keep bones strong and healthy, recommended calcium and vitamin D intake, understanding supplements, and credible nutrition resources.</p>
<p>36. UHL Understanding Hearing Loss 1.5 hours</p>	<p>This session talks about hearing and hearing problems. It covers what we can do to stop hearing loss and what can help us hear better. It also covers information about hearing aids and how to get a hearing test and hearing aid assistance.</p>