



## 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
<b>1. HIS</b> <b>Health Insurance System</b> <b>1.5 hour</b>	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.
<b>2. YHC</b> <b>Your Health Care Choices</b> <b>1.5 hours</b>	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><b>3. SHB</b>  <b>Seniors' Health Benefits</b>  <b>2 hours</b></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><b>4. THR</b>  <b>Travel Health Risks – Visiting Friends and Relatives</b>  <b>1.5 hours</b></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><b>5. MOV</b>  <b>Measles and Other Vaccination Updates</b>  <b>1.5 hours</b></p>	<p>This session covers measles symptoms, outbreak risks, prevention, and who should or should not be vaccinated. It also provides information on childhood, adult, and senior immunizations, COVID-19 vaccine updates, infection prevention tips, reliable resources, and how to update out-of-Alberta immunization records.</p>
<p><b>6. C19</b>  <b>COVID-19 Immunization</b>  <b>1.5 hours</b></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><b>7. CAT</b>  <b>COVID-19 &amp; Travel</b>  <b>1.5 hours</b></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><b>8. CCHS</b>  <b>The Culture of the Canadian Health System</b>  <b>2 hours</b></p>	<p>This session uses stories to explain key features of the Canadian health care system, including access to care, patient decision-making, emergency care, family doctors, and patient responsibilities. Participants will learn about health care options in Calgary, when to use them, and the roles of health professionals and patients.</p>

<p>9. <b>ACP</b>  <b>Advance Care Planning</b>  <b>ACP Part I --1.5 hours</b>  <b>ACP Part II--1.5 hours</b>  <b>ACP Part I&amp;II-- 2.5 hours</b></p>	<p><b>Advance care planning</b> 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><b>Personal Directive:</b> 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><b>Goals of Care Designation Orders:</b> 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>10. <b>SCT</b>  <b>Safety Car Seat Training</b>  <b>1.5 hours</b></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>11. <b>OHC</b>  <b>Oral Health &amp; Resources for Children 0-6 years – 1.5 hours</b></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>12. <b>PHL</b>  <b>Packing A Healthy Lunch</b>  <b>2 hours</b></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"> <li>1. Recognize Canada’s Food Guide and identify foods in each food group.</li> <li>2. Appreciate the importance of including foods from all four food groups for overall health.</li> <li>3. Understand how to pack a lunch using the appropriate tools (e.g., ice packs, involving children in the process).</li> <li>4. Find tips to stay prepared for lunch.</li> <li>5. Plan a sample lunch bag.</li> <li>6. Recognize if they are packing too much food for their children.</li> </ol>

<p><b>13. KSW</b>  <b>Keeping Safe in the Winter</b>  <b>1.5 hours</b></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><b>14. CH</b>  <b>Children’s Health</b>  <b>1.5 hours</b></p>	<p>Children explore with their mouths and hands. This topic discusses risk factors for children, including choking hazards, poison, falls, viruses &amp; 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><b>15. EW</b>  <b>Emotional Wellness</b>  <b>2 hours</b></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><b>16. SM</b>  <b>Stress Management</b>  <b>2 hours</b></p>	<p>This will be an interactive session featuring tools to help participants identify and manage their stress effectively.</p>
<p><b>17. WH</b>  <b>Women’s Health</b>  <b>1.5 hours</b></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><b>18. MH</b>  <b>Men’s Health</b>  <b>1.5 hours</b></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><b>19. BTG</b>  <b>Beat the Germs</b>  <b>1.5 hours</b></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><b>20. OHA</b>  <b>Oral Health and Resources for Adults - 1.5 hours</b></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><b>21. RCR</b>  <b>Reducing Cancer Risks</b>  <b>1.5 hours</b></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><b>22. CHF</b>  <b>Choosing Healthy Foods In Canada</b>  <b>2 hours</b></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><b>23. NFS</b>  <b>Nutrition for Seniors:</b>  <b>NFS Part I--1.5 hours</b>   <b>NFS Part II--1.5 hours</b>  <b>Part I + II-- 2.5-3 hours</b></p>	<p>This health session addresses the unique nutritional needs of seniors (65 years +) from multicultural backgrounds who are NOT on any special diet.  <b>**Part I - Healthy eating (balanced meals, healthy drinks, and a healthy plate)</b>  <b>**Part II - Nutrition intake in Protein, Calcium, Vitamin D, and Salt.</b></p> <p>Community groups can book either Part I or Part II, or both.</p>
<p><b>24. GASH</b>  <b>Get Active, Stay Healthy</b>  <b>1.5 hours</b></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><b>25. TSB</b>  <b>Tips to Sleep Better</b>  <b>1.5 hours</b></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><b>26. UC</b>  <b>Understanding Cannabis - 1.5 hours</b></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><b>27. UV</b>  <b>Understanding Vaping</b>  <b>1.5 hours</b></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><b>28. VUA</b>  <b>Videogame Use &amp; Abuse</b>  <b>2 hours</b></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><b>29. VMS</b>  <b>Vitamin, Mineral Supplements</b>  <b>1.5 hours</b></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><b>30. SMY</b>  <b>Social Media &amp; Youth</b>  <b>2 hours</b></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><b>31. UD</b>  <b>Understanding Dementia</b>  <b>1.5 hours</b></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><b>32. US</b>  <b>Understanding</b>  <b>Shingles</b>  <b>1.5 hours</b></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><b>33. MTS</b>  <b>Medical Tests and</b>  <b>Specialists - 1.5 hours</b></p>	<p>This overview will guide you on what to prepare and consider before undergoing medical tests and consulting specialists in Canada.</p>
<p><b>34. EP</b>  <b>Emergency</b>  <b>Preparedness</b>  <b>1.5 hours</b></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><b>35. PFO</b>  <b>Preventing</b>  <b>Falls in Older Adults</b>  <b>2 hours</b></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><b>36. BH</b>  <b>Bone Health</b>  <b>1.5 hours</b></p>	<p>This session provides an overview of bone health, including osteoporosis, its causes, and how it differs from osteoarthritis. Participants will learn ways to keep bones strong, recommended calcium and vitamin D intake, how to understand supplements, and where to find credible nutrition resources.</p>
<p><b>37. UHL</b>  <b>Understanding Hearing</b>  <b>Loss</b>  <b>1.5 hours</b></p>	<p>This session provides an overview of hearing health, including common hearing problems, ways to prevent hearing loss, and supports that can help people hear better. Participants will also learn about hearing aids, hearing tests, and available hearing aid assistance.</p>