

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), works to improve access to health services and information for diverse communities. We offer health sessions in English and selected first languages. Sessions can be offered virtually or in person at a convenient time for your group. All PCA virtual health sessions are offered through Zoom. To stay updated on our list of health sessions, please visit <https://DiversityCalgary.ca>

You can book any of the health sessions listed below for groups of 10 or more participants. Please provide at least one month's notice when requesting a session.

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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 health care coverage, benefits, and financial assistance programs available in Alberta. Topics include Alberta Health Care Insurance, Alberta Blue Cross, Alberta Child Health Benefits, Alberta Adult Health Benefits, and low-income dental and eye care assistance programs.
2. YHC Your Health Care Choices 1.5 hours	This session introduces key health care services available in Calgary, including 811 Health Link, family doctors, walk-in clinics, after-hours clinics, urgent care centres, emergency departments, and Access Mental Health. Participants will also learn when and how to use 811 and how to request interpretation services when receiving health care.

3. SHB Seniors' Health Benefits 2 hours	This session provides an overview of health benefits and assistance programs available to older adults, including Alberta Health Care, Alberta Blue Cross, dental and optical benefits, Alberta Aids to Daily Living, and the Special Needs Assistance for Seniors program. Participants will also learn about health advice, interpretation services, and how to use 811.
4. THR Travel Health Risks – Visiting Friends and Relatives 1.5 hours	This session highlights health risks that may affect people travelling to their country of origin to visit friends or relatives. It also provides practical tips, resources, and information on how to prepare before travelling.
5. MOV Measles and Other Vaccination Updates 1.5 hours	This session covers measles symptoms, outbreak risks, prevention, and vaccination recommendations. It also provides information on routine vaccines for children, adults, and older adults; COVID-19 vaccines; infection prevention; reliable health resources; and how to update immunization records from outside Alberta.
6. C19 COVID-19 Immunization 1.5 hours	This session provides information about COVID-19, COVID-19 vaccines, current vaccination recommendations, where to get vaccinated, possible side effects, and reliable sources for up-to-date information.
7. CAT COVID-19 & Travel 1.5 hours	This session provides information about COVID-19 and international travel, including health risks, travel insurance, vaccination considerations, testing requirements that may apply at some destinations, and reliable resources for checking current travel health requirements.
8. CCHS The Culture of the Canadian Health System 2 hours	Using stories and examples, this session explains 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.

9. ACP Advance Care Planning ACP Part I --1.5 hours ACP Part II--1.5 hours ACP Part I&II-- 2.5 hours	Advance care planning involves thinking about, discussing, and documenting your health care wishes for now and in the future. It is important for all adults, especially people with ongoing health concerns. The session can be offered in two parts. Part I explains advance care planning, Personal Directives, and how to prepare one. Part II explains Goals of Care Designation Orders, the Green Sleeve, and how to obtain one. Personal Directive: A Personal Directive is a legal document that identifies someone you trust to make personal decisions on your behalf if you become unable to make those decisions yourself. Goals of Care Designation Order: A Goals of Care Designation Order is a medical order that helps the health care team provide care that reflects your health needs, values, and preferences if you are unable to communicate your wishes.
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Health Sessions For Families with Children

Topic and estimated length	Health session Contents
10. SCT Safety Car Seat Training 1.5 hours	This session provides information about child car seat regulations, safe use, and practical tools to help caregivers install and use car seats correctly and reduce the risk of injury.
11. OHC Oral Health & Resources for Children 0-6 years – 1.5 hours	This session introduces the causes and effects of tooth decay in young children, ways to prevent dental problems, and dental care resources available to lower-income families with children.
12. PHL Packing A Healthy Lunch 2 hours	This session is designed for immigrant parents of school-age children. At the end of the session, participants will be able to: 1. Recognize Canada’s Food Guide and the healthy plate. 2. Identify foods that can be included in a balanced school lunch. 3. Learn how to pack food safely using appropriate containers and ice packs. 4. Explore ways to involve children in planning and packing lunches. 5. Learn practical tips for preparing school lunches ahead of time. 6. Plan a sample healthy lunch and choose an appropriate amount of food for their child.

13. KSW Keeping Safe in the Winter 1.5 hours	This session introduces common winter risks in Calgary and ways to stay safe and active during the winter months. It includes practical safety tips, winter activities, and useful community resources. This session is especially helpful for newcomers to Calgary and Alberta.
14. CH Children's Health 1.5 hours	Young children explore the world with their mouths and hands, which can expose them to different health and safety risks. This session discusses common risks such as choking, poisoning, falls, viruses and bacteria, and winter hazards. Participants will learn what caregivers can do to reduce illness and injury.

Health sessions for Adults

Topic and estimated length	Health session Contents
15. EW Emotional Wellness 2 hours	This session provides an overview of emotional wellness, factors that can affect health, how to recognize and cope with stress and problems, strategies for supporting emotional well-being, and where to find help when needed.
16. SM Stress Management 2 hours	This interactive session introduces practical tools and strategies to help participants recognize, understand, and manage stress.
17. WH Women's Health 1.5 hours	This session provides an overview of women's health, including breast and cervical health, sexual health, and pregnancy. Participants will also learn about ways to support their health and where to find reliable information and services.
18. MH Men's Health 1.5 hours	This session provides an overview of men's health, including prostate and testicular cancer, sexual health, heart health, and emotional well-being. Participants will also learn about ways to support their health and where to find reliable information and services.

19. BTG Beat the Germs 1.5 hours	This session covers proper handwashing, ways to reduce the spread of germs, and the appropriate use of antibiotics. Facilitators may use a Glo Germ Kit to demonstrate how easily germs can spread and the importance of proper handwashing.
20. OHA Oral Health and Resources for Adults - 1.5 hours	Oral health is an important part of overall health and well-being. This session explains the causes and effects of tooth decay in adults, ways to prevent dental problems, and dental care resources available to lower-income adults and families.
21. RCR Reducing Cancer Risks 1.5 hours	Some cancers can be prevented, or their risk can be reduced through healthy behaviours and recommended screening. This session discusses common cancer risk factors, prevention guidelines, healthy lifestyle choices, and reliable resources for reducing cancer risk.
22. CHF Choosing Healthy Foods in Canada 2 hours	Healthy food choices in Canada may be different from those in other parts of the world. This session provides practical information to help participants and their families make healthy food choices in Canada. Topics include healthy foods and drinks, reading food labels, Canada's Food Guide healthy plate, and meal examples.
23. NFS Nutrition for Seniors: NFS Part I--1.5 hours NFS Part II--1.5 hours Part I + II-- 2.5-3 hours	This session discusses the nutritional needs of adults aged 65 and older from diverse cultural backgrounds who do not require a specialized diet. Part I – Healthy Eating: Balanced meals, healthy drinks, and the healthy plate. Part II – Key Nutrients: Protein, calcium, vitamin D, and sodium. Community groups can book either Part I or Part II, or both.
24. GASH Get Active, Stay Healthy 1.5 hours	Being physically active can provide many health benefits. This session explores practical and creative ways to include physical activity in daily life at home, work, and school. Participants will learn about physical activity recommendations for different age groups and community resources that can support active living, including low-cost options.

25. TSB Tips to Sleep Better 1.5 hours	This session explains the importance of good-quality sleep and provides practical tips for sleeping better. Topics include daytime habits, food and drinks, the sleep environment, bedtime routines, and when to seek advice from a health care provider.
26. UC Understanding Cannabis - 1.5 hours	Cannabis is legal in Canada, but its use can still affect health and well-being. This session provides an overview of cannabis, including health effects, laws and regulations, risks for children and youth, safer-use considerations, and reliable resources for more information.
27. UV Understanding Vaping 1.5 hours	Vaping is common among some youth and can affect health and brain development. This session provides an overview of vaping products, their health effects, laws and regulations, risks for young people, strategies for prevention, and resources for additional information and support.
28. VUA Videogame Use & Abuse 2 hours	This session provides an overview of video gaming, including different types of games, how games are designed to encourage continued play, healthy and problematic gaming behaviours, gaming disorder, potential risks, and available support and resources.
29. VMS Vitamin, Mineral Supplements 1.5 hours	Taking high amounts of vitamins and mineral supplements can be harmful. This session provides an overview of vitamin and mineral supplements, recommended use, common myths and misconceptions, when to seek advice from a registered dietitian or other health professional, and reliable sources of nutrition information.
30. SMY Social Media & Youth 2 hours	This session explores social media use among children and youth, including benefits and risks, brain development, digital citizenship, current social media trends, risk and protective factors, strategies for managing social media use, and resources for additional help and information.
31. UD Understanding Dementia 1.5 hours	Dementia is a decline in memory, thinking, and other mental abilities that affect daily life. This session raises awareness about dementia, including possible causes, signs and symptoms, diagnosis, treatment and care, risk factors, ways to support brain health, and available resources.

32. US Understanding Shingles 1.5 hours	Shingles are caused by the reactivation of the virus that causes chickenpox. The risk of shingles increases with age and in people with weakened immune systems. This session covers signs and symptoms, risk factors, possible complications, prevention and vaccination, when to seek medical care, treatment, self-care, and reliable resources.
33. MTS Medical Tests and Specialists - 1.5 hours	This session helps participants understand what to expect and how to prepare for medical tests and appointments with specialists in Canada. It also discusses questions to ask and important information to bring to appointments.
34. EP Emergency Preparedness 1.5 hours	Emergencies can happen at any time. This session introduces common emergency risks and explains how individuals and families can prepare. Topics include emergency planning, supplies, communication plans, and reliable sources of emergency information.
35. PFO Preventing Falls in Older Adults 2 hours	Falls are a common cause of injury among older adults, and many happen at home. This session discusses common causes and risk factors for falls, ways to prevent falls at home and in the community, what to do after a fall, and available fall-prevention resources.
36. BH Bone Health 1.5 hours	This session provides an overview of bone health, including osteoporosis, what can cause it, and how it differs from osteoarthritis. Participants will learn ways to keep bones strong, calcium and vitamin D recommendations, how to understand supplements, and where to find reliable nutrition information.
37. UHL Understanding Hearing Loss 1.5 hours	This session provides an overview of hearing health, including common hearing problems, ways to prevent hearing loss, and support that can help people hear better. Participants will also learn about hearing tests, hearing aids, financial assistance for hearing aids, and available resources.