

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

Diversity Liaisons of Primary Care Alberta (PCA), formerly known as Alberta Health Services (AHS), offers in-person and virtual health education sessions for groups of 10 or more participants.

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 contact us at DiversityLiaisons@PrimaryCareAlberta.ca

Topic and estimated length	Health Session Contents
CHF Choosing Healthy Foods in Canada 1.5 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.
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.
OHC Oral Health & Resources for Children 0-6 years of age 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.
PH Personal Hygiene 1 hour	This is an overview of personal hygiene of hand, body, oral and sexual and reproductive health system.
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.