Primary Care Alberta

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. Please email us at DiversityLiaisons@PrimaryCareAlberta.ca

Health Sessions For Families with Children

Topic and estimated length	Health session Contents
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.
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.
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.
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.

Health Sessions for Adults

Topic and estimated length	Health session Contents
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.
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.
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.
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.

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.
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.
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.
MHW **Mental Health and Wellness** ***New Session*** **2-3 hours,** **can be split into 2 sessions**	This session provides an overview of emotional wellness and stress management, including factors that can affect well-being, how to recognize and respond to stress and life challenges, and practical strategies to support emotional health. Participants will explore tools to build resilience, manage stress effectively, and access support and resources when needed. Historically was: Emotional Wellness and Stress Management
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.