

Community Presentations For Groups with English at CLB 2-3 Levels

Diversity Liaison Team of Alberta Health Services (AHS) – Calgary Zone is committed to enhancing the access of health services and health information for diverse communities. We are pleased to offer presentations in English and / or some first languages at a time and a location that is convenient to your groups. Currently we can offer in Cantonese, French, Korean and Mandarin other than simple English.

You are welcome to book any presentation as listed below for **a group of 10 or more** participants. We ask you to give us at least one month notice. For more information and to send back the completed request form, please contact us at:

DiversityLiaisonsTeam@ahs.ca or 403-955-1486 (English, Cantonese and Mandarin)

Presentations on Health Systems & Health Services

Topic and estimated length	CLB level recommendation	Presentation Contents
1. YHC Your Health Care Choices 1.5 hours	CLB 2 -3 if no first language presenter	This is an overview of choices of key health care services that are available in Calgary. Choices of key health care services are: Health Link Alberta, Family Doctors, Walk-In Clinics, After Hours Clinics, Urgent Care Centres, Emergency Departments and Access Mental Health. A highlight on how to use Health Link Alberta and how to request health care interpretation services of Alberta Health Services will also be discussed. NOTE: Should you be interested in incorporating this health topic into your newcomer orientation program or ESL curriculum, please let us know. We have multilingual DVDs, plain language PowerPoint presentations, handouts for students, handouts for facilitators, and multilingual resource lists.
2. HCS Health Information and Health Care Interpreting Services 0.5 hour	CLB 2 -3 if no first language presenter	This one hour presentation shows how to get health information and advice in your own language and how to book for an over-the-phone health care interpreter with no cost.

Presentations for Adults

Topic and estimated length	CLB level recommendation	Presentation Contents
3. SM Stress Management 2 hours	CLB 2 -3 if no first language presenter	An interactive workshop with tools to help participants identify and better manage their stress.
4. BTG Beat the Germs 1.5 hours	CLB 2 -3 if no first language presenter	This is an overview of how to wash hands properly, how to prevent germ spreading and how to use antibiotics. Presenter will use Glow Germ Kits to raise awareness of hand hygiene. Also talks about the differences between cold and flu, and the importance of getting a flu shot. Also covers personal hygiene.
5. OHA Oral Health and Resources for Adults 1.5 hours	CLB 2 -3 if no first language presenter	<p>Oral health is an important part of your general health and well-being.</p> <ul style="list-style-type: none"> • Heart Disease-germs that cause gum disease may block arteries and lead to stroke. • Respiratory Disease-Certain people are at higher risk for getting a lung infection from breathing in bacteria from the mouth. • Diabetes-Gum disease can make diabetes worse and diabetes may make gum disease harder to heal. <p>This presentation is an introduction to causes and effects of dental cavities for adults, how to prevent dental diseases, and what dental care resources are available for lower income adults and families.</p>
6. CHF Choosing Healthy Foods In Canada 2 hours	CLB 2 -3 if no first language presenter	Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This presentation highlights important food and nutrition choices to help diverse communities to make healthy food choices for their families. The presentation talks about Food Groups, Choosing Healthy Foods and Drinks, The Healthy Plate, Meal Examples, and The Food Bank.

7. EP Emergency Preparedness 1.5 hours	CLB 2 -3 if no first language presenter	<p>Nowadays we see so many disasters in and near our communities. We need to learn how to prepare for disasters that we may have not foreseen. This presentation will highlight some of the risks and importance of why we need to prepare for disasters, how to plan as a family and what to prepare.</p>
8. PYF Protect Yourself and Your Family 1.0 hours	CLB 2 -3 if no first language presenter	<p>Many germs can make people sick. The presentation will talk about protecting oneself and his/her family by getting a flu shot, doing proper hand washing, covering coughs, taking rest at home, seeing a doctor, following instructions when getting a lab test or taking medicines.</p>
9. GASH Get active, stay healthy 1.5 hours	CLB 2 -3 if no first language presenter	<p>Get active can have many health benefits. This presentation will explore creative ways to get active in our daily life, be it at home, at work or at school. It will also introduce some community resources to support active living for people with limited resources.</p>
10. KSW Keeping safe in the winter 1.5 hours	CLB 2 -3 if no first language presenter	<p>Winter can be scary for newcomers. This presentation will talk about what people need to know to stay safe in the winter, how to get ready, know the risks, the clothes, transportation...and also the fun during the winter season.</p>

Presentation request form

Date / Time	Requesting Agency	Requester name, phone, email	Presentation place and address	Requested Topic (e.g. HIS, HCB...etc)	Requested Language (English, Cantonese, Mandarin, French,)	Expected No of attendees	Group (age, gender, language level)	Equipment provided by requesting agency and remarks (LCD + laptop, building access or parking information etc)