

Community Health Sessions For Groups with English levels at CLB 4 & Up

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 health sessions in English and/or some first languages at **a time virtually** that is convenient to your groups. AHS will only use **Zoom or Skype** to offer virtual health sessions. To stay current on our health session lists, visit <http://diversitycalgary.ca/>

You are welcome to book any health session as listed below for **a group of 10 or more** participants. We ask you to give us at least one month's notice. For more information and to return the completed request form, please contact us at diversityliaisonsteam@ahs.ca or <http://diversitycalgary.ca>

Health Sessions On Health Systems, Health Services & Health Benefits

| Topic and estimated length | Health Session Contents |
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| 1. HIS Health Insurance System 1 hour | This is an introduction to Alberta Health Care Insurance, Alberta Blue Cross Insurance, Alberta Child Health Benefits, Alberta Adult Health Benefits, and Low Income Eye and Dental Assistance Programs. |
| 2. YHC Your Health Care Choices 1 hour | This is an overview of key health care choices that are available in Calgary. These choices are 811, Family Doctors, Walk-In Clinics, After Hours Clinics, Urgent Care Centres, Emergency Departments, and Access Mental Health. A highlight on how to use 811 and how to request health care interpretation services of Alberta Health Services will also be discussed. |
| 3. SHB Seniors' Health Benefits 1 hour | This is a highlight of seniors' health benefits in programs such as Alberta Health Care, Alberta Blue Cross, dental and optical, Alberta Aids to Daily Living, Special Needs Assistance Program. Health Advice and Interpreting Services. A highlight on how to use 811 and how to request health care interpretation services of Alberta Health Services will also be discussed. |

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| 4. THR Travel Health Risks – Visiting Friends and Relatives 1 hour | <p>This is a highlight of some health risks for those who may travel to their country of origin to visit friends/relatives. It also covers AHS Travel Health services such as consultation, vaccinations, and education.</p> |
| 5. C19 COVID-19 Immunization 1 hour | <p>This health session talks about: What is COVID-19? What are the COVID-19 vaccines? Who should get vaccinated/ not get vaccinated? How and where to get vaccinated? What are the side effects? Where can I get more information?</p> |

Health sessions For Families with Children

| Topic and estimated length | Health session Contents |
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| 6. HEC Healthy Eating for Children 1 hour | <p>An overview of mealtime struggles and positive feeding relationships with children, and how to handle and /or prevent picky eating behaviors for children 1 to 5 years of age.</p> |
| 7. SCT Safety Car Seat Training 1 hour | <p>A highlight of regulations, education, and tools to assist child caregivers in securing car seats properly and reducing the likelihood of injuries.</p> |
| 8. OHC Oral Health and Resources for Children 0-6 years of age 1 hour | <p>An introduction to 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> |

Health sessions for Adults

| Topic and estimated length | Health session Contents |
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| 9. EW Emotional Wellness 1 hour | An overview of what is good health, what affects health, how to identify and cope with stress/problems, what can be done to stay emotionally healthy, and where to get help if needed |
| 10. SM Stress Management 1 hour | An interactive workshop with tools to help participants identify and better manage their stress. |
| 11. WH Women’s Health 1 hour | This is an overview of women’s health in breast, cervical, sex, pregnancy. Resources and suggestions in keeping you healthy in these areas will be covered. |
| 12. BTG Beat the Germs 1 hour | This is an overview of how to wash hands properly, how to prevent germ spreading and how to use antibiotics. The facilitator may use Glow Germ Kits to raise awareness of hand hygiene. |
| 13. OHA Oral Health and Resources for Adults 1 hour | Oral health is an important part of your general health and well-being. This health session is an introduction to the 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. |
| 14. RCR Reducing Cancer Risks 1 hour | Almost half of the cancer in Alberta is preventable. This health session provides statistics, cancer prevention guidelines, and some lifestyle changes to help reducing cancer risks. |

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| 15. CHF Choosing Healthy Foods In Canada 1 hour | <p>Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This health session highlights important food and nutrition choices to help diverse communities to make healthy food choices for their families. The health session talks about Choosing Healthy Foods and Drinks, Label Reading, The Healthy Plate and Meal examples.</p> |
| 16. NFS Nutrition for Seniors: NFS Part I--1 hour NFS Part II--1 hour Part I + II--2 sessions of 1 hour each | <p>This health session addresses the unique nutritional needs of seniors (65 years +) from multicultural backgrounds who are NOT on a special diet.</p> <p>Part I - Healthy eating (balanced meals, healthy drinks, and a healthy plate)</p> <p>Part II - Nutrition intake in Protein, Calcium, Vitamin D, and Salt.</p> <p>A community group can book either Part I or Part II or both.</p> |
| 17. UC Understanding Cannabis 1 hour | <p>Now that Cannabis is legalized in Canada, what do we need to know for ourselves? For our children? This health session will help you understand more about Cannabis, its health effects, laws, and impacts on us.</p> |
| 18. GASH Get Active, Stay Healthy 1 hour | <p>Get active can have many health benefits. This health session will explore creative ways to get active in our daily life, be it at home, at work, or school. It offers physical activity guidelines for different age groups. It provides some community resources to support active living for people with limited resources.</p> |
| 19. TSB Tips to Sleep Better 1 hour | <p>This health session talks about what is a good night's sleep, and tips to help sleep better. Some tips are related to what you can do in the daytime, what you eat & drink, where you sleep, what you do before bedtime, and when you should consider seeking advice from your doctor.</p> |