

RED DEER PRIMARY CARE NETWORK PRESENTS:

COACH TRAINING FOR HEALTH CARE PROFESSIONALS 2021

ALBERTA ANXIETY TO CALM:

Alberta Anxiety to Calm is an 8 week workshop grounded in Cognitive Behavioral Therapy. It is a simple, positive workshop to help people learn more about anxiety, skills to manage and reduce anxiety and experience more calmness. Group Program results show a 53% reduction in anxiety symptoms after completing our program.

When: August 30 & 31- Registration: 8:30 August 30. **Deadline to register: August 13**

Or Nov 25 & 26, 2021- Registration: 8:30 Nov 25, 2021. **Deadline to register: November 1**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$105+ shipping. PDF version free of charge.

ALBERTA HAPPINESS BASICS:

Alberta Happiness Basics is a 4 or 7 week workshop grounded in positive psychology that is a simple, positive, and an empowering workshop designed for people with mild to moderate depression. Group Program results show significant improvement in: mood, vitality for everyday activities, mental and physical health, and pain.

Oct 26 & 27. Registration: 8:30 am Oct 26, 2021. **Deadline to Register: October 5**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$60 for the 4-week and \$108.00 for the 7-week, for a total of \$168 + shipping. PDF versions free of charge

ALBERTA HEALTH BASICS:

Alberta Health Basics is an 8-week group program. It is a simple, positive and empowering lifestyle program. It is for people who want to choose healthy living, lose weight, prevent memory loss and become more active. Group program results showed a 92% increase in activity and healthy eating and 80 % of participants stated that their health condition had improvement after completing the program. Positive changes in quality of life included: Increases in vitality and general health, better mental health, reduced waist circumference and weight loss of 1.2 kg.

When: Nov 4 & 5th. Registration: 8:30 am Nov 4. **Deadline to Register: October 14**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$120 + shipping. PDF versions free of charge

ALBERTA JOURNEYING THROUGH GRIEF

The Alberta Journeying on Through Grief program is for anyone experiencing the loss of a loved one, pet, employment, divorce or other life changing event. It is an 8-week process group program. Participants learn ways to explore grief needs, deepen their emotional healing, and reinvest in life. It has been shown that participant's intensity of grief decreased by 40%, and their confidence in their ability to cope increased by 68% after taking the program.

When: Oct 13 & 14, 2021. Registration: 8:30 am October 13. **Deadline to Register: September 15, 2021**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$105 + shipping. PDF versions free of charge.

ALBERTA MOVING ON WITH PERSISTENT PAIN

Alberta Moving on with Persistent Pain is an 8 week program focusing on developing skills to improve functioning for those affected by persistent pain. Participants will learn how to pace daily activities to improve stamina and energy while preventing flare ups, exploring the mind-body connection through engaging activities, and facing challenges to change lifestyle factors that impact pain. It has been shown that participants have a 12% average increase in mood, enjoyment of life, relationships, and the ability to walk, sleep, and work. They also experienced a slight decrease in pain intensity and interference in life after taking this program.

When: Nov 18 & 19. Registration 8:30 am Nov 18. **Deadline to Register October 21**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$80 + shipping. PDF versions free of charge.

ALBERTA RELATIONSHIPS IN MOTION

The Alberta Relationships in motion program is an 8-week interactive group program, It is for individuals who are interested in improving relationships in their life – family, personal and work. Participants will learn skills to increase communication, better understand themselves, focus on positives, and take responsibility for their roles within various forms of interpersonal relationships. 95% of participants found the program was a positive overall experience.

When: November 1 & 2. Registration: 830 am November 1. **Deadline to Register October 4**

Session time each day: 9:00 am – 4:00 pm

How: Zoom

Cost: Free- if you wish to purchase a hard copy of the coach and participant manuals there will be a charge of \$120 + shipping. PDF versions free of charge.

PARTICIPANT AND COACH'S MANUALS HAVE BEEN DEVELOPED FOR THE WORKSHOPS, ALONG WITH THE ALBERTA WIDE BRANDING WHICH MAKES IT TRANSFERABLE TO ANY ORGANIZATION.

PARTICIPANTS ARE EXPECTED TO COMPLETE 16 HOURS OF PRE-READING AND VIDEO VIEWING PRIOR TO ATTENDING.

ALL TRAINING OFFERED VIA ZOOM AT THIS TIME

Contact Gail Loov at programsharing@rdpcn.com, or 403.406.4117 for more information.