

## D-Stress



PRESENTED BY

Health Promotion Facilitators from  
Community Health Promotion Services,  
Recovery Alberta



SERIES SESSIONS

Date	Time
October 08, 2024	4:00 PM - 5:00 PM



LOCATION

Online

FEE

**\$0.00**

QUESTIONS?

Contact Us:

[calgary@aplc.ca](mailto:calgary@aplc.ca)  
[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:

[calgary.aplc.ca](https://calgary.aplc.ca)

### Learning Opportunity

Target audience: K-12 educational assistants, parents, support staff and teachers are encouraged to attend.

D-stress is a free, interactive workshop that includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will walk away with a personal stress reduction plan, which may include stress management techniques introduced in the workshop.

### Presenters

Health Promotion Facilitators from Community Health Promotion Services, Recovery Alberta

As Health Promotion Facilitators on the Community Health Promotion Services (CHPS) Team, we connect, consult, collaborate, and contribute resources to communities. Our mission is to prevent and reduce harms related to substance use and mental health disorders by maximizing the well-being of children, adolescents, and families.

### Registration Notes

This session will not be recorded.

All session times are mountain time.



Supporting every educator  
in every classroom