



2024

WORKSHOPS

January-March

EMBRACE WELLNESS, EMBRACE YOU

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About SCPCN

Being part of a Primary Care Network means your doctor is connected with other physicians and has additional supports to enhance care. Your family doctor's office—where you can feel most comfortable talking about your health and medical concerns—is your **MEDICAL HOME**.

The Medical Home model is a program adopted by the Alberta Medical Association and the College of Family Physicians of Canada, to ensure the best care and management of patients in the primary care setting.

At South Calgary Primary Care Network, we are committed to the Medical Home model, working with the family physicians of South Calgary to enhance care for your family and your community.

South Calgary PCN offers a wide variety of workshops to help you better manage your physical and mental health. Workshops are offered **at no cost** and are led by our team of Registered Nurses, Registered Dietitians, Social Workers and Mental Health Therapists. Workshops may be in-personal or virtual, with day or evening options.



Emotional Wellbeing Workshops

Discover the path to inner peace and emotional resilience with our transformative Emotional Wellbeing Workshops. These engaging and interactive sessions are designed to nurture your mental and emotional health, providing you with valuable tools and strategies to navigate life's challenges with confidence and grace.

Anxiety to Calm

If anxiety has stopped you from doing your usual activities and living your best life, come learn skills to find calm, challenge yourself and live well.

The program is focused on people learning more about anxiety, developing skills in class which are practiced at home to manage and reduce anxiety, and experience more calmness.

People attending this 8-week program had a 50% reduction in anxiety symptoms on completion of the group. People improved their ability to do daily tasks and work; had more energy; better mental health and increased their likelihood of socializing with family and friends.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.



Craving Change



Understand *why* you eat the way you do.

Craving Change™ is Canada's #1 cognitive-behavioural program for people who struggle with their eating habits. **The program runs weekly for six weeks.** The practical, skill-based approach will help you:

- Understand why you eat the way you do.
- Learn how your eating decisions are influenced by your surroundings, your body and learned behaviours.
- Become more aware of your problematic eating triggers.
- Tune into your thoughts and emotions that steer you off track.
- Use 16 'change and maintain' strategies to support lasting change.
- Have a healthier relationship with food!

Discover why:

- You'd rather eat the carrot cake than the carrot
- You go to buy milk and leave with \$80 of groceries
- Chocolate and fast foods are your 'go-to' solutions when you feel stressed
- You crave certain foods at certain times
- You keep eating when you know you've had enough

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Craving Change Drop In

The Craving Change Drop-In sessions are open to anyone interested in learning more about how situations, thoughts and emotions affect our food choices and eating behaviours and strategies to change..



Our Craving Change Drop-In sessions are ideal for individuals that want:

- To learn, or review, the strategies offered in the Craving Change program one month at-a-time
- A supportive and non-judgmental space to learn strategies to change problematic eating behaviours
- A shared connection with others also struggling to change problematic eating behaviours
- Ongoing, monthly self-accountability to support the change process

The Drop-In sessions start with a group check-in as an opportunity to discuss current challenges and concerns you are experiencing with your eating behaviours. You can choose to speak or pass.

Following this “round-table” style discussion, the workshop facilitator will cover one of the strategies from the Craving Change program to focus on over the next month.

Register for one or all of the drop-in sessions – the choice is YOURS!

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Happiness Basics

Your guide to being happier.

Our workshops will teach you the skills you need to live a happier life. Our empowering Happiness Basics program will help you understand how happy people think and what they do to create happiness.



Attend the **four-week workshop** (a total of eight hours) and learn 11 practical skills that can bring more happiness into your life.

Backed by the latest positive psychology approaches, Happiness Basics will help you build the skills you need to increase the amount of positive experiences, engagement, meaning and opportunities for achievement you have in your life. Taking part in this workshop has been shown to improve mood, vitality and energy, as well as physical and mental health.

Happiness Basics is for those aged 18 and older who want to learn how to be happier. You should be willing to attend all of the 2-hour classes for the entire workshop period.

With Happiness Basics, you will have the chance to practice happiness skills in class, as well as at home. There is no expectation for you to share or talk about your past.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Holistic Arts-Based Mindfulness

Holistic Arts-Based Mindfulness (HAP) is a six-week arts-based mindfulness group for girls 13-17 years old.

In this group, you will have opportunities to engage in fun experiential activities. This group can help you increase your confidence and skills to problem solve, deal with difficult emotions and learn more about self-compassion and empathy.



Relationships in Motion



Alberta Relationships in Motion™ is an **eight-week program** that empowers you as an individual to improve your WORK, PERSONAL and FAMILY RELATIONSHIPS. It was designed by psychologists and clinical social workers with the support of family doctors.

Each week you will learn new skills. YOU have the biggest influence over your present and future relationships through your everyday choices. The focus is on change within yourself as opposed to looking for changes in someone else.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Health & Wellness Workshops

Embark on a journey to optimal well-being and vitality with our comprehensive Health & Fitness Workshops. Designed to inspire and empower individuals of all fitness levels and backgrounds, our workshops provide a holistic approach to achieving your wellness goals.

Led by health professionals, these engaging sessions cover a wide spectrum of health-related topics, from nutrition and exercise science to mental resilience and holistic wellness practices.

Best Weight

The Best Weight workshop is ideal for those with excess weight that desire healthy weight management through sustainable dietary and lifestyle behaviour changes to improve physical and emotional health.



Our Best Weight workshop is a comprehensive workshop that is delivered over **three sessions that are two hours each**. Each session will provide education and actionable strategies to work toward self-management in achieving and maintaining your Best Weight.

In this workshop you will learn:

- Understand the Best Weight philosophy.
- Understand factors that influence body weight.
- Identify personal areas for behaviour change.
- learn the science of obesity and weight reoccurrence
- Food choices and eating behaviours for your Best Weight
- Lifestyle behaviours for your best weight
- Ways to improve your relationship with food and your body

Your “Best” weight is achieved when you focus on healthy and enjoyable behavioural changes that improve your overall quality of life. The weight you achieve through these changes is considered your “best” weight.

- Obesity Canada

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Label Reading & Menu Planning

Are you looking to improve your food choices and simplify meal planning? Do you feel confused or frustrated at the grocery store, not knowing what is healthy or unhealthy anymore?

You are not alone!



One of our Registered Dietitians will guide you through an interactive group session that uses real food labels and provides tools and strategies to:

- Choose healthier foods with confidence
- Compare similar foods with a nutrition facts table in the correct context
- Prevent falling victim to health halos or fancy marketing tricks
- Save money and time by planning ahead
- Develop a weekly menu that aligns with healthy eating principles
- Keep weekly menu plans creative and enjoyable

Each participant will take away a one-week self-developed menu that is created during the workshop.

Our Label Reading & Menu Planning Workshop is an interactive **two-hour discussion and learning-activities based workshop**.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

My Way To Health

Develop a healthy mindset to improve your overall health in a supportive group setting. Take small steps to eat healthier, be more active, and feel good about yourself physically and mentally now and for the future.



The My Way to Health workshop is offered as an **8-week course**. This workshop is led by two health professionals and includes weekly goal setting challenges around nutrition, exercise, and mindfulness.

My Way to Health is appropriate for those looking to improve their overall health and can help manage health concerns such as excess weight, high blood sugar, high cholesterol and triglycerides, high blood pressure, and/or fatty liver.

Exercise does occur in this workshop. All levels of fitness and mobility are welcome with modifications available to suit all abilities. Exercise includes a brief warm-up, bodyweight circuit-style exercises, and stretching. Please wear activity-appropriate clothing and shoes to this workshop.

Please ensure you are cleared for exercise by your family physician before taking part in any exercise program.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Understanding Type 2 Diabetes: Lifestyle Management

Are you interested in learning more about Type 2 Diabetes? Do you want to take charge of your health and be empowered with a better understanding of Type 2 Diabetes?

If you answered yes, then this workshop is for you! It is ideal for people with:

- Pre-diabetes or those newly diagnoses with Type 2 Diabetes
- A history of Gestational Diabetes and a desire to prevent diabetes in the future
- A family history of Type 2 Diabetes and a desire to reduce your risk of developing this condition

In this workshop you will learn:

- Differences between Type 1 and Type 2 Diabetes
- Myths and facts related to Type 2 Diabetes
- The way our body works when we have Type 2 Diabetes
- Complications associated with Type 2 Diabetes
- How to understand bloodwork related to Type 2 Diabetes
- Lifestyle management and Type 2 Diabetes
- Medication(s) to manage Type 2 Diabetes

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.



Understanding Type 2 Diabetes: Nutrition Foundations

Are you interested in learning more about Type 2 Diabetes and nutrition? Do you want to take charge of your health and improve your blood sugar control? If you answered yes, then this workshop is for you!



This workshop is ideal for people with:

- Pre-diabetes or those newly diagnosed with Type 2 Diabetes
- A history of Gestational Diabetes and a desire to prevent diabetes in the future
- A family history of Type 2 Diabetes and a desire to reduce your risk of developing this condition

In this workshop, you will learn:

- Food and nutrition myths and facts as it relates to blood sugar management
- How to properly balance and time your meals and snacks for optimal blood sugar control
- What foods raise blood sugar and those that do not
- Strategies to support healthy portion sizes for blood sugar control

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

Osteoarthritis Workshops

Experience a life with less discomfort and more control by participating in our insightful Pain Management workshops. These transformative sessions are crafted to offer individuals dealing with chronic pain or discomfort a toolkit of strategies, knowledge, and support for achieving relief and improved quality of life.

Guided by compassionate experts, our workshops delve into various aspects of pain management, from understanding root causes and coping techniques to exploring holistic approaches and cultivating resilience.

To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.

GLA:D™ For Osteoarthritis

PATIENTS REQUIRE A REFERRAL INTO THIS PROGRAM BY THEIR FAMILY PHYSICIAN.

Good Life with Osteoarthritis Denmark (GLA:D™) is an 8-week evidence-based education and exercise program for individuals with knee and/or hip osteoarthritis (OA).



In this workshop series, patients will learn self-management techniques to help build confidence, strengthen joint stability, and improve functionality.

GLA:D™ Canada participants report reduced symptoms of pain, increased physical activity, and improved quality of life. The program consists of:

Two Education Sessions:

- What osteoarthritis is, risk factors and symptoms
- Current available treatment for osteoarthritis
- How to self-manage symptoms
- Why and how exercise can help with osteoarthritis
- How to cope with difficulties and daily activities with osteoarthritis

And 12 Neuromuscular Exercise Sessions where a GLA:D therapist leads hour-long group exercise sessions **twice a week for six weeks.**


To inquire about program availability and to register, call 403-668-8600. For more detailed course questions call 403-931-5121.



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