

Taking Care

Caring for Yourself: Are you looking for resources and support as you navigate your work in the community during these challenging times?

The Prevention Promotion Team at Addiction and Mental Health Services has created a 30 minute / one hour interactive presentation which will be offered virtually via the Zoom platform to help you identify ways to maintain your well-being.

We will explore:

- Taking Care
- Staying Connected
- Resources

There are two options to attend this presentation:

- We are offering this session every Thursday at 11 am for anyone to attend.
- If your team is interested in a session, we can accommodate this as well.

Please call the Prevention Promotion Team at 403-529-3582 or email us to book a session:

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Looking for more support? Check out Alberta Health Services [Help in Tough Times](#)