



Red Deer Primary Care Network presents:

Coach Training for Health Care Professionals

The Alberta Anxiety to Calm Group Program results show a 53% reduction in anxiety symptoms after completing our program.

- People reported increased ability to do daily work and tasks
- Reported more energy
- Better mental health
- Increased socialization with family and friends.

Group Participant's comments:

"I found the tangible tools that were given very helpful with my anxiety."

"The atmosphere was amazing. I felt safe and supported to share, but not pressured to. Great environment."

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. Participant and coach's manuals have been developed for the workshop, along with the Alberta wide branding which makes it transferable to any organization. Anxiety to Calm workshops have been offered by Red Deer PCN for the last 7 years.

Coach training is available **on-line** or **in person**. On-line training has no cost. In-person training is offered a limited number of times per year and trainees cover their personal expenditures. In person training offers more opportunity for practice and feedback. Organizations may choose a combination of training options. Decisions are generally made on learning style of trainees and organizational resources.

To reserve a spot in the May 2020 in-person training:

- complete the attached registration form
- mail it along with your payment to Red Deer Primary Care Network by April 15, 2020.



When:

May 4 & 5, 2020

Registration: **8:30 am May 4th**

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

16 hours of Pre-reading and video viewing required

Where: **Red Deer Primary Care Network**

**5120 47 Street,
Red Deer, AB**

Cost: **\$135.00** (to cover nutrition breaks, lunch & take-home training materials)

Accommodation:

If accommodations are required, we suggest the:

Black Knight Inn @ 844.746.8750

Super 8 Red Deer City Centre @ 403.358.7722

Questions? Contact Gail Loov at programsharing@rdpcn.com
or 403.406.4117

5120 47 Street, Red Deer, AB T4N 1R9



Facilitator Training Application Form For Health Care Professionals May 4 and 5, 2020

Please complete this registration form and mail it along with your \$135 registration fee to Red Deer Primary Care Network by April 15, 2020.

Name: _____

Company: _____ Position/Title: _____

Email: _____ Contact Number: _____

1. **Are you using Cognitive Behavioral Therapy (CBT) in your present work?**

Please give examples.

2. **Where did you take your CBT training? How long have you been using it? What is your favorite technique?**

3. **Why are you interested in becoming an Alberta Anxiety to Calm Coach?**

4. **How do you see spreading this program at your workplace?**

The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.