

# ALBERTA HEALTHY COMMUNITIES SYMPOSIUM

## STRENGTHENING OUR ROOTS, GROWING OUR IMPACT.

March 5 - 6, 2020 || Calgary, Alberta



### Resources and Websites

Thank you for attending our [Alberta Healthy Communities Symposium](#) on March 5-6, 2020 in Calgary. This document contains resources that have been provided by speakers, facilitators and organizations involved in this year's symposium. Any text that is [blue and underlined](#) connects you to a resource or website. If any speakers, booths or facilitators provided resources they are among Day 1 and 2. Any additional resources are found below Day 1 and 2.

### Day 1

**Booth:** Communities ChooseWell (CCW): <https://arpaonline.ca/choosewell/>

- FREE [Registration: click here](#) – receive access to grants, monthly ChooseLetter, Webinars, Communities of Practice, Forums (see note below day 2), and community networking events
- [Online Toolkit](#) (resource hub with a searchable database) and [Community Stories](#)

Alberta Recreation and Parks Association (ARPA): <arpaonline.ca>

**Booth:** Alberta Blue Cross: [www.ab.bluecross.ca](http://www.ab.bluecross.ca)

- [Community Involvement](#) – Information on partnerships, grants and change agents

**Booth:** Alberta Health Services (AHS): [www.ahs.ca](http://www.ahs.ca)

- [Alberta Healthy Communities Hub](#) - [albertahealthycommunities.ca](http://albertahealthycommunities.ca)
  - o A place to connect, share, learn about and take action on building healthier communities together. Access and share community stories, resources, tools and evidence-based strategies.
- [AHS Nutrition Services](#) - [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)
  - o Access to a wide variety of healthy eating resources.
- [AHS Healthy Schools](#) - <https://www.albertahealthservices.ca/info/Page2909.aspx>
  - o Resources, tools and information for parents, teachers, childcare staff and coaches to support student/child health.

**Booth:** AHS Design Lab: [www.d4ahs.com](http://www.d4ahs.com)

- See day two for presentation slides

**Booth:** ABSI Connect: [www.absiconnect.ca](http://www.absiconnect.ca)

**Booth:** GoGet.Fit: [goget.fit](http://goget.fit)

**Opening Keynote** - Doug Griffiths: [13ways.ca](http://13ways.ca)

## **Day 2**

### **Sunrise Yoga Class:** Stef Rizvi from [junction9.ca](http://junction9.ca)

- currently offering free online Yoga, Meditation and Pilates virtual classes

### **Fast & Furious Session**

- Tim Fox – Allyship: [Treaty 7: Indigenous Ally Toolkit](#)
- Janice Kraemer - Early Childhood Coalitions of Alberta: <https://ecdcoalitions.org/>

### **Ignite Community Connections with Design:**

Design Lab ([www.d4ahs.com](http://www.d4ahs.com)) and Alberta Blue Cross

- [Click here for slides](#) from their session

### **Partnerships, Coalitions and Collaborations** (panel):

- [Harvesting the Wisdom of Coalitions](#)

### **Let's Talk About Growing our Community Impact Together:**

Community Development Unit - <https://www.alberta.ca/community-development-unit.aspx>

- offers facilitation, public engagement, community collaboration, and learning and development services to non-profit organizations, staff and volunteers, and the sector as a whole

### **Closing Keynote** – Mark Quattrocchi: [WE.org](http://WE.org)

- Mark has offered his email for any questions: [mark.quattrocchi@we.org](mailto:mark.quattrocchi@we.org)
- [Cycling Around the World and the Power of 'Hello'](#) video

## **Additional Resources**

[Communities ChooseWell](#) Virtual Forums: **From April 1 to April 3 CCW will be hosting Virtual Regional Forums** to support our champions during this challenging time with COVID-19, here are the details.

### **DATES and TIMES:**

- Central Alberta Forum - **Wednesday, April 1, 2020 - 10:00 am - 11:30 am**
- Calgary and Area Forum - **Thursday, April 2, 2020 - 10:00 am - 11:30 am**
- Northern Alberta Forum - **Thursday, April 2, 2020 - 1:00 pm - 2:30 pm**
- Southern Alberta Forum - **Friday, April 3, 2020 - 10:00 am - 11:30 am**
- Edmonton and Area Forum - **Friday, April 3, 2020 - 1:00 pm - 2:30 pm**

**ACCESS:** All forums are **free**, [click here](#) to register.

If you have any questions about the forums please connect with Marissa ([mmacisaac@arpaonline.ca](mailto:mmacisaac@arpaonline.ca))

Community Initiatives Program – Grant: <https://www.alberta.ca/cip-project-based-grant.aspx>

Leveraging current assets: [COVID 19 Resource Supports for Municipalities](#)

LINKages: <https://www.link-ages.ca/>

- Connecting Generations (Seniors and Youth) – Contact: Betty Good, School Program Coordinator & Rural LINK Coordinator Ph: 403.249.0853, Cell: 587.899.8697

[ARPA Inspiration List](#): Resources and ideas to keep you and your loved ones active during this time of (physical) social distancing.