



## CHANGE Health Community Program

Hello,

We would like to invite you to join the CHANGE Health Community Program (CHCP). This is a registered program for your whole family (parents/caregivers, children of all ages) that is offered at no cost to you. We are currently registering new participants. We have space available for our on-line sessions in the **Thursday evening group, held every other week.**

The CHANGE program is designed to work with communities to build long term health and resiliency for families. Over the past year, families have been faced with many challenges as we have had to adjust our daily living in response to COVID-19. Now more than ever, the CHANGE program can help connect you to helpful resources, meet new people and have some fun with your family!

The CHANGE team is here to support you and looks forward to building a lasting relationship with you and your family. Whether you have questions for our team of health professionals, are missing your friends and neighbours, or are looking for fun and easy activities to stay active and connected, we are here for you! The information below provides more details on what our online program can offer you, until we can resume our in-person programs.

Please reach out with any questions you may have, and feel free to share this information with any family and friends that you think may also enjoy our program. We are always happy to meet new community members. Stay well, and we look forward to connecting with you and your family!

Sincerely,

**The CHANGE Health Community Program Team**

Department of Family Medicine

University of Alberta

email: [chcp@ualberta.ca](mailto:chcp@ualberta.ca) phone:

780-492-8431

## CHANGE Health Community Program

### Why participate?

Our interactive online meet-ups and weekly challenges are opportunities for:

- engaging family fun
- learning about stress management
- building strong connections between kids and parents
- developing deeper communication skill
- building resiliency
- focusing on family wellness

### What do we offer?

Each session, our health professionals and program coordinators will lead you in exploring a variety of topics from across our four pillars of health and wellness:

- **Physical Activity**
  - family fun fitness, active home, physical activity goals, connecting with nature
- **Nutrition & Healthy Eating**
  - eating habits, creative cooking, meal planning and budgeting, picky eaters
- **Mental Wellness/Stress Management**
  - Communication skills; developing healthy relationships; resiliency building; coping skills
- **Social & Community Connectedness**
  - local resources; sense of belonging; cultural connections; kids programs; social links across pillars of health
- **We also offer Program Boxes to support your wellness**
  - fresh produce, mystery recipe challenges, crafting supplies or other surprises; delivered to your door

### Who are we?

CHANGE Health Community Program has been developed by the University of Alberta Department of Family Medicine. The program, including staff, guest speakers, and program box deliveries, is fully funded by the Alberta Blue Cross. Families are asked to commit to participating in the research evaluation as a part of the program delivery.

Our team includes

- family physicians
- registered dietitians
- kinesiologist
- mental health professionals
- program delivery team

### What you can expect:

- ❖ **Online Meet-up:** Each session we will have a live online get-together for you to meet up with other families. You will have a chance to:
  - Share your own experiences, challenges and successes for the previous week, allowing both you and your children to connect with each other
  - Participate in discussion on the session topic led by one of our health professionals.
  - Take part in interactive group games/crafts/activities, to promote health and wellness
  - Try challenges with your family at home. There will be several to choose from, in order to engage various skill and age levels
  
- ❖ **Family Cooking Sessions:** Your family can practice your cooking skills while preparing a healthy meal and socializing with others in our on-line kitchen.
  - Share and learn different meal preparation ideas, healthy and easy recipes plus tips for things like food budgeting and quick healthy meals
  - Take part in interactive group kitchen activities and sit down with other families on-line to enjoy your creations
  - Receive grocery gift cards to cover the cost of food supplies
  
- ❖ **Monthly Program Activity and Food Boxes:** All families will have the opportunity to sign-up for our fun and engaging activity boxes
  - Delivered to your door (or picked up at a convenient locations) these monthly boxes contain activities, supplies and food items to help you put what you are learning into action.
  - Examples include ingredients for healthy holiday baking or a new dinner recipe to try, craft activities, mindfulness journals, comic book kits, outdoor fun like skipping ropes or toboggans.
  - Provided at no cost to you!
  
- ❖ **Our Social Media Pages:**
  - Keep in touch with other families in a private online group
    - there is no limit to how often you may choose to post or chat with other families
  - Kids can share their ideas and experiences
    - comments, videos, pictures, fun links, pets etc
  - The CHANGE Team will be there to answer your questions and comments and share ideas to keep you active and healthy
  - Watch for surprise gift draws and bonus challenges!