



Seniors Support Resources

Seniors Associations:

Seniors Association of Greater Edmonton: <https://www.mysage.ca>

Caregivers Alberta: caregiversalberta.ca

Caregiver Advisor (Caregivers Alberta): <https://bit.ly/3c9ZybD>

At Home Day Program: Well Connected <https://bit.ly/2XBRVFv>

COMPASS: a program for caregivers <https://bit.ly/3eu3mpK>

Mindfulness for seniors: <https://www.mindfulnessforseniors.com>

Breathing Techniques

Diaphragmatic Breathing: https://youtu.be/g_ALY3_DONg

Box Breathing: <https://youtu.be/SdBSmERWlp4>

Exercise

14 exercises for Seniors: <https://bit.ly/3dz4yrx>

Sleep hygiene: <https://bit.ly/3dwHSIq>

Connecting with others

Senior Centre Without Walls: <https://bit.ly/3fGdmh8> or 780-395-2626

Self-Compassion: self-compassion.org

Alive Inside: <https://www.aliveinside.us>

Edmonton Southside Primary Care Physician - Behavioural Health Consultant

Talk to your family physician

Alberta Health Services Access 24/7 Mental Health Edmonton:

780-424-2424