



Red Deer PCN Program Slices Information Sheet

Slices are a shortened version of a RDPCN program.

They introduce groups of participants to the program philosophy and give them the opportunity to learn and practice a few of the program skills. Local organizations or corporations can request a 1 or 2-hour slice of the following programs:

Alberta Happiness Basics

Alberta Anxiety to Calm

Alberta Health Basics

Journey through Grief

Moving on with Chronic Pain

Relationships in Motion.

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Arrangements are subject to RDPCN staff availability and group size.

For more information on the content of these programs see the descriptions under [Group Programs](#)