

Adult Learning and Health Literacy Learning Opportunities

Health Literacy – Session 1

For anyone who is interested in understanding the impacts that literacy has on health as well as learning practical tools to access literacy at the point of care.

Key Topics:

- What is meant by health literacy and how does it impact health outcomes – health literacy, the basics
- Improving the usability of health information
- Overview of best practices and tools (teach back method etc.)

Session Offerings:

Friday, September 25th (9:00-11:30) – Cobequid Community Health Centre, Room 3228

Monday, September 28th (9:00-11:30) – Bayer's Road Community Mental Health, Room 105

Thursday, October 1st (9:00 – 11:30) – Joseph Howe Continuing Care, Room 217

Monday, October 19th (9:00 – 11:30) – Public Health, Community Room

Adult Learning Foundations – Session 2

For anyone who presents information or facilitates learning for adults. One on one, just in time, point of care.

Key Topics:

- Adult learning principles
- Apply the principles of adult learning and health literacy to your education activities
- Know your audience and how to work with their specific learning needs and styles

Session Offerings:

Friday, September 25th (12:30 – 3:00) – Cobequid Community Health Centre, Room 3228

Wednesday, September 30th (9:00 – 11:30) – Bayer's Road Community Mental Health, Room 105

Thursday, October 1st (12:30 – 3:00) – Joseph Howe Continuing Care, Room 217

Wednesday, November 4th (9:00 – 11:30) – Public Health, Community Room

Group Facilitation – Session 3

For anyone who facilitates groups that: share information, offer peer support or teach core content/program.

Key Topics:

- How to facilitate diverse dynamics in groups, behaviours that are challenging
- How do you spot and encourage learner engagement- how to help people participate in a variety of ways
- The difference between doing a great presentation and facilitating adult learning

Session Offerings:

Thursday, October 8th (9:00 – 11:30) – Public Health, Community Room

Wednesday, October 14th (9:00 – 11:30) – Bayer’s Road Community Mental Health, Room 105

Friday, October 23rd (9:00 – 11:30) – Cobequid Community Health Centre, Room 3217

Thursday, November 5th (9:00 – 11:30) – Public Health, Room 203

Program Design Overview – Session 4

For anyone who designs their own program, group process.

Key Topics:

- How to design using learning objectives/how to write learning objectives
- How to develop materials and evaluation approaches
- How to choose methods to accomplish your learning objectives

Session Offerings:

Monday, November 9th (9:00 – 11:30) – Bayer’s Road Community Mental Health, Room 105

Tuesday, November 10th (9:00 – 11:30) – Public Health, Room 203

Monday, November 16th (9:00 – 11:30) – Cobequid Community Health Centre, Room 3217

Skills Building and Practice Workshop– Session 5

For those who have had an opportunity to attend previous sessions and would like to have some time set aside to practice with colleagues and receive constructive feedback from peers and program facilitators.

Session Offerings:

To be determined.

Learning Schedule

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Friday, September 25 th	9:00 – 11:30	Health Literacy	Cobequid Community Health Centre, Room 3228
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