Frontline Wellness Program PRESENTS:

THE COPING CLUB
A DROP IN, VIRTUAL, PSYCHOEDUCATIONAL GROUP FOR FRONTLINE & HEALTHCARE WORKERS

FOCUS IS ON LEARNING NEW STRATEGIES TO COPE WITH STRESS

DROP IN! WEEKLY ON TUESDAYS AT EITHER 12:15 OR 6:45PM

GROUP RUNS FROM FEB. 13TH TO MAY 14TH

12:15 MEETING ID: 643 4782 0836 PASSCODE: 315670
6:45 MEETING ID: 677 7893 3573 PASSCODE: 493473

topics include:
DEEP BREATHING, WORK/LIFE BALANCE, POSITIVE SELF TALK, SELF CARE, GOOD SLEEP HYGIENE, BOUNDARIES, COMMUNICATION

FACILITATED BY:
JENNIFER BODERA AND PETER DANGERFIELD
Therapists

Frontline Wellness Program

virtual drop in! no registration required!
frontlinewellness@waypointcentre.ca
THE COPING CLUB

DROPN IN! TUESDAY’S AT EITHER 12:15 OR 6:45PM

Frontline Wellness Program

February 13th  
Intro: The Stress Bucket

February 20th  
Deep Breathing

February 27th  
Positive Self Talk

March 5th  
Grounding

March 12th  
Mindfulness

March 19th  
Work/Life Balance

March 26th  
Preventing Burnout

April 2nd  
Self Care

April 9th  
Good Sleep Hygiene

April 16th  
Unhealthy vs Healthy Coping

April 23rd  
Setting Boundaries

April 30th  
Social Support

May 7th  
Communication

May 14th  
Prioritizing/Scheduling

virtual drop in! no registration required!