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

Topics include:
- Deep breathing, grounding, mindfulness, positive self talk, self care, good sleep hygiene, boundaries, communication

Drop in! Weekly on Tuesdays at either 12:15 or 6:45pm

Group runs from Sept. 12th to Dec. 12th

Facilitated by: Jennifer Bodera and Peter Dangerfield

Frontline Wellness Program Therapists

Virtual drop in! No registration required!

frontlinewellness@waypointcentre.ca
THE COPING CLUB

Frontline Wellness Program

September 12th  
Intro: The Stress Bucket

September 19th  
Deep Breathing

September 26th  
Grounding

October 3rd  
Mindfulness

October 10th  
Positive Self Talk

October 17th  
Self Care

October 24th  
Good Sleep Hygiene

October 31st  
Unhealthy vs Healthy Coping

November 7th  
Setting Boundaries

November 14th  
Social Support

November 21st  
Communication

November 28th  
Work/Life Balance

December 5th  
Prioritizing/Scheduling

December 12th  
Coping around the Holidays

virtual drop in! no registration required!

DROP IN!
TUESDAYS AT EITHER 12:15 OR 6:45PM
12:15 GROUP
PWD=IE7EQ8LGFMHE2LFVYLZWZAX1EQYTRR.1

6:45PM GROUP
PWD=QWCTSHOJIZ5HIPBF5BLIJ252AOA1AA.1