

Wellness Webinar Series

E-MENTAL HEALTH
HIGHLIGHT

19 August 2024



Finding quality information about mental wellness and substance use topics can be difficult. Bridge the gapp's **Wellness Webinar Series** offers videos, recorded by local experts, that deliver valuable information and skill building.

Webinars Available

- **Anxiety** Wellness Session
- **Depression** Wellness Session
- Coping with **Stress**
- **Parenting** 101
- **Grief** and Loss
- **Harm Reduction:** Substance Use
- **Substance Use** Wellness Session
- The Brain Story: The Impact of **Adverse Childhood Experiences**
- **Suicide** Awareness
- **Binge Eating** Disorder Wellness Session

There are also webinars that provide information about E-Mental Health, Bridge the gapp website navigation, and Newfoundland and Labrador's Stepped Care Model.



Webinars are free; can be watched as often as needed on a computer, tablet or phone; and can be accessed directly from the **Online Programs** section of Bridge the gapp.

INFORMATION & SKILL BUILDING MADE EASY

To Learn More

Visit
nl.bridgethegapp.ca

Bridge **the** gapp

or scan the code

