

WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote Mental Health Awareness and Skills

Ages 18+



SCHEDULE OF TOPICS FOR SESSIONS

- Sept. 25 - Building New Healthy Habits
- Oct. 2 - Navigating the Mental Health Program in NL Health
- Oct. 9 - Seniors and Mental Health
- Oct. 16 - Improving Relationships
- Oct. 23 - Food and Mood
- Oct. 30 - Understanding Mental Illnesses
- Nov. 6 - Mindfulness and Mental Health
- Nov. 13 - Coping with Intense Emotions (distress tolerance)
- Nov. 20 - Preparing for the Holidays
- Nov. 27 - Setting Boundaries
- Dec. 4 - Self Compassion and Self Care
- Dec. 11 - Coping with the Holiday Season
- Dec. 18 - Mindfulness Through the Holidays
- Jan. 8 - Goal Setting and Values
- Jan. 15 - Developing Self Awareness

****More dates and topics to follow**

AT A GLANCE

WEDNESDAYS

- 6:00-8:00 pm (Newfoundland)
- 5:30-7:30 pm Labrador

HOW

- Virtual by Zoom
- Email to register

nlgroups@nlhealthservices.ca

WHO IS FACILITATING?

Mental Health and Addictions Clinicians from NL Health Services across the province

****Creating a safe space for learning and connecting****

For more information about Wellness Wednesdays visit www.nl.Bridgethegapp.ca

