

WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote
Mental Health Awareness and Skills

Ages 18+



SCHEDULE OF TOPICS FOR SESSIONS

Oct. 15 - Coping with Depression

Oct. 22- Fight, Flight, Freeze (Understanding the Bodies Response)

Oct. 29 - Boundary Setting and Mental Health

Nov. 5 - Coping with Emotional "Triggers"

Nov. 12 - Preparing for the Holidays

Nov. 19 - Setting up for Success

Nov. 26 - Increasing Self- Awareness

Dec. 3 - Coping Through the Holidays

Dec. 10 - Self-Compassion and Self-Care

Dec. 17 - Mindfulness and the Holiday Season

****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

