

# WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote  
Mental Health Awareness and Skills

Ages 18+



## SCHEDULE OF TOPICS FOR SESSIONS

Jan 7 - New Years Resolutions (how to set goals effectively)

Jan. 14 - Understanding Ourselves – How to develop self-awareness

Jan 21 - Setting Boundaries

Jan 28 - Grief and Bereavement

Feb 4 - Coping with Anxiety

Feb 11 - Food and Mood

Feb 18 - Creating Spiritual Wellness

Feb 25 - Menopause and Mental Health

March 4 - Coping with Intense Emotions

March 11 - Improving Communication Skills

March 18 - Coping with Depression

March 25 - Perinatal Mental Health

April 1 - Strategies for Coping with the Racing Mind

April 8 - Coping with Pet Loss

April 15 - Supporting a loved one with Mental Health & Addictions

**\*\*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](mailto: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](http://www.nl.Bridgethegapp.ca)

