

# WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote Mental Health Awareness and Skills

Ages 18+



## SCHEDULE OF TOPICS FOR SESSIONS

- April 22 - Understanding Addictions (and tools for change)
- April 29 - Grief and Bereavement
- May 6 - Mindfulness for Good Mental Health
- May 13 - Coping with Change and Loss
- May 20 - Fight, Flight & Freeze -Understanding the Body's Response
- May 27 - Sleep and Mental Health
- June 3 - Self-Compassion & Self-Care
- June 10 - Understanding Ourselves (how to develop self awareness )
- June 17 - Understanding Emotions
- June 24 - Coping with Triggers
- July 8 - Men's Mental Health
- July 15 - Getting Motivated for Change (What is Behaviour Activation?)

**\*\*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)

