

WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote
Mental Health Awareness and Skills

Ages 18+



SCHEDULE OF TOPICS FOR SESSIONS

Aug. 19 - Creating More Joy and Pleasant Experiences

Aug. 26- Coping with Intense Emotions

Sept. 2 - Goal Setting, Organization and Time Management (Getting Set Up for Fall Routines)

Sept. 9 - Taking Care of Our Bodies to Take Care of Our Mind

Sept. 16 - Making Friends and Improving Social Connections

Sept. 23 - Having Fun and Engaging in Playfulness

Sept. 30 - Stat Holiday (no session)

Oct. 7 - Menopause and Mental Health

Oct. 14 - Coping with Grief and Bereavement

Oct. 21 - Supporting a Loved One with Mental Health &/or 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 Webex
- 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

