

WELLNESS WEDNESDAYS

Provincial Virtual Sessions to Promote
Mental Health Awareness and Skills

Ages 18+



SCHEDULE OF TOPICS FOR SESSIONS

October 28 - Seniors and Mental Health

November 4 - Fight/Flight/Freeze (Understanding the Body's Response)

November 11 - No session (Remembrance Day)

November 18 - Alcohol and Your Health

November 25 - Preparing for the Holiday Season

December 2 - Grieving During the Holidays

December 9 - Managing Triggers

December 16 - Coping During the Holiday Season

December 23 - No Session

December 30 - Slowing Down (Practicing Self-Compassion and Self-Care)

January 6 - New Year Resolutions (How to Set Goals Effectively)

****More dates and topics to follow for the New Year**

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

