

FACILITATED BY:

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PETER DANGERFIELD

*Frontline Wellness Program
Therapists*

Frontline Wellness Program

PRESENTS:

THE COPING CLUB

A DROP IN, VIRTUAL, PSYCHOEDUCATIONAL
GROUP FOR FRONTLINE & HEALTHCARE
WORKERS

FOCUS
IS ON LEARNING NEW
STRATEGIES TO COPE
WITH STRESS

DROP IN! WEEKLY ON TUESDAYS
AT EITHER 12:15 OR 6:45PM

GROUP RUNS FROM SEPT. 12TH
TO DEC. 12TH

topics include:

DEEP BREATHING, GROUNDING,
MINDFULNESS, POSITIVE SELF
TALK, SELF CARE, GOOD SLEEP
HYGIENE, BOUNDARIES,
COMMUNICATION

*virtual drop in!
no registration required!*

Frontline Wellness Program

frontlinewellness@waypointcentre.ca 

THE COPING CLUB

**DROP IN!
TUESDAYS AT
EITHER
12:15 OR 6:45PM**

Frontline Wellness Program

September 12th	Intro: The Stress Bucket
September 19th	Deep Breathing
September 26th	Grounding
October 3rd	Mindfulness
October 10th	Positive Self Talk
October 17th	Self Care
October 24th	Good Sleep Hygiene
October 31st	Unhealthy vs Healthy Coping
November 7th	Setting Boundaries
November 14th	Social Support
November 21st	Communication
November 28th	Work/Life Balance
December 5th	Prioritizing/Scheduling
December 12th	Coping around the Holidays

virtual drop in! no registration required!

12:15 GROUP

ZOOM LINK: [HTTPS://US04WEB.ZOOM.US/J/71142116880?](https://us04web.zoom.us/j/71142116880?pwd=1E7EQ8LGFME2LFVYLZWZAX1EQYTRR.1)

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6:45PM GROUP

ZOOM LINK: [HTTPS://US04WEB.ZOOM.US/J/78767787552?](https://us04web.zoom.us/j/78767787552?pwd=QWCTSHOJIZ5HIPBF5BLIJ252A0A1AA.1)

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