

FACILITATED BY:

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*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 FEB. 13TH  
TO MAY 14TH**

*topics include:*

**DEEP BREATHING, WORK/LIFE  
BALANCE, POSITIVE SELF  
TALK, SELF CARE, GOOD SLEEP  
HYGIENE, BOUNDARIES,  
COMMUNICATION**

**12:15 MEETING ID: 643 4782 0836    PASSCODE: 315670**

**6:45 MEETING ID: 677 7893 3573    PASSCODE: 493473**

*virtual drop in!  
no registration required!*

Frontline Wellness Program

frontlinewellness@waypointcentre.ca 

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## *Frontline Wellness Program*

February 13th	Intro: The Stress Bucket
February 20th	Deep Breathing
February 27th	Positive Self Talk
March 5th	Grounding
March 12th	Mindfulness
March 19th	Work/Life Balance
March 26th	Preventing Burnout
April 2nd	Self Care
April 9th	Good Sleep Hygiene
April 16th	Unhealthy vs Healthy Coping
April 23rd	Setting Boundaries
April 30th	Social Support
May 7th	Communication
May 14th	Prioritizing/Scheduling

*virtual drop in! no registration required!*