

# Frontline Wellness Program

**PRESENTS:**

**THE COPING CLUB**

**2024**

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

DROP IN TO OUR  
INFORMATION SESSION

**FEB. 6TH  
12:15PM-  
1PM**

**ZOOM MEETING ID:  
636 6538 9289  
PASSCODE:  
574782**

**GROUP RUNS FOR 14  
WEEKS STARTING FEB  
13TH  
AT 12:15 AND 6:45PM**

**EMAIL:  
FRONTLINEWELLNESS[AT]  
WAYPOINTCENTRE.CA  
FOR MORE INFO.**