

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
OCCUPATIONAL STRESS**

**DROP IN! WEEKLY
ON TUESDAYS**

AT EITHER 12:15 OR 6:45PM

**GROUP RUNS FROM OCTOBER 1ST TO
DECEMBER 17TH**

topics include:

**FINDING BALANCE - WORK/LIFE
BALANCE, PRIORITIZING SELF-CARE
AMIDST COMPETING PRIORITIES,
SETTING BOUNDARIES, COMBATING
COMPASSION FATIGUE, IMPROVING JOB
SATISFACTION**

**12:15 & 6:45PM ZOOM MEETING ID: 831 313 4722
Passcode: copingclub**

*virtual drop in!
no registration required!*

Frontline Wellness Program

frontlinewellness@waypointcentre.ca 

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PASSCODE: copingclub

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Frontline Wellness Program

September 10 - General Information Session

October 1 - Introduction: the Stress Bucket

October 8 - Finding Balance – Work/Life Balance

October 15 - Managing Emotions in the Workplace

October 22 - Prioritizing Self-care amidst Competing Priorities

October 29 - Reducing Burnout & Improving Resilience

November 5 - The Benefits of Setting Boundaries & Improving Communication

November 12 - Improving Job Satisfaction

November 19 - Combating Compassion Fatigue

Tools for your Toolbox:

November 26 - Deep Breathing & Good Sleep Hygiene

December 3 - Mindfulness Strategies & Grounding Techniques

December 10 - Healthy vs. Unhealthy Coping Strategies

December 17 - Enjoying the Holiday Season

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