

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 TUESDAY OR WEDNESDAY
AT 12:15

GROUP RUNS FROM FEB. 18TH TO
MAY 7TH

topics include:

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

ZOOM MEETING ID: 831 313 4722

Passcode: copingclub

virtual drop in!
no registration required!

Frontline Wellness Program

frontlinewellness@waypointcentre.ca 

THE COPING CLUB

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Frontline Wellness Program

- February 18&19** - Introduction: the Stress Bucket
- February 25&26** - Finding Balance – Work/Life Balance
- March 4&5** - Managing Emotions in the Workplace
- March 11&12** - Prioritizing Self-care amidst Competing Priorities
- March 18&19** - Reducing Burnout & Improving Resilience
- March 25&26** - The Benefits of Setting Boundaries & Improving Communication
- April 1&2** - Improving Job Satisfaction
- April 8&9** - Combating Compassion Fatigue

Tools for your Toolkit:

- April 15&16** - Deep Breathing & Good Sleep Hygiene
- April 22&23** - Mindfulness Strategies & Grounding Techniques
- April 29&30** - Healthy vs. Unhealthy Coping Strategies
- May 6&7** - Journaling & Practicing Gratitude

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