

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 WEDNESDAY  
AT 12:15 OR 645PM**

**GROUP RUNS FROM MARCH 4<sup>TH</sup> TO  
APRIL 29TH 2026**

*topics include:*

**FINDING BALANCE - WORK/LIFE  
BALANCE, PRIORITIZING SELF-CARE  
AMIDST COMPETING PRIORITIES,  
COMBATING COMPASSION FATIGUE,  
SELF-COMPASSION AND ACCEPTANCE.**

**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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PASSCODE: copingclub

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## *Frontline Wellness Program*

**March 4th** - Introduction: the Stress Bucket

**March 11th** - Finding Balance – Work/Life Balance

**March 18th** - Understanding Emotions and Distress

**March 25th** - Prioritizing Self-care amidst Competing Priorities

**April 1st** - Combating Compassion Fatigue

**April 8th** - Longevity and Resilience while Caring for Others

**April 15th** - Self Compassion and Acceptance

**April 22nd** - Reducing Burnout & Improving Resilience

**April 29th** - Mindfulness Strategies & Grounding Techniques

*virtual drop in! no registration required!*