

WELLNESS EXCHANGE – BOOST YOUR WELLBEING

WHAT IS WELLNESS EXCHANGE?

The *Wellness Exchange* consists of five, free, weekly one-hour workshops designed to build skills in five different areas to help cope with stress and adversity, while promoting resilience and well-being.

Participants are given information and tools to increase coping, communication, and self-advocacy, create healthier relationships and build resilience.

The Wellness Exchange is a facilitated educational workshop series offered in a virtual group format with a focus on self-reflection and opportunities for interaction. Participants can join as few or as many sessions as they want.



Register [here](#) or scan the QR code with your smart phone:

SESSION TOPICS & SCHEDULE

Week 1: Building Problem-Solving Skills teaches participants the tools to break problems down into more manageable chunks, identify a range of ways to respond, and create an action plan to move forward.

Date & Time	Zoom Details (click on the link)
Tuesday, October 7, 2025: 7-8pm (PST)	Zoom Link Meeting ID: 988 1612 3924 Passcode: 443722
Thursday, October 9, 2025: 12-1pm (PST)	Zoom Link Meeting ID: 980 6077 5848 Passcode: 970520

Week 2: Promoting Positive Activities guides participants to increase meaningful and positive activities in their schedule, with the goal of building resilience and bringing more fulfillment and enjoyment into their life.

Date & Time	Zoom Details (click on the link)
Tuesday, October 14, 2025: 7-8pm (PST)	Zoom Link Meeting ID: 988 1612 3924 Passcode: 443722
Thursday, October 16, 2025: 12-1pm (PST)	Zoom Link Meeting ID: 980 6077 5848 Passcode: 970520

Week 3: Managing Reactions helps participants to better manage distressing physical and emotional reactions by using such tools as breathing retraining, writing exercises, and identifying and planning for triggers and reminders.

Date & Time	Zoom Details (click on the link)
Tuesday, October 21, 2025: 7-8pm (PST)	Zoom Link Meeting ID: 988 1612 3924 Passcode: 443722
Thursday, October 23, 2025: 12-1pm (PST)	Zoom Link Meeting ID: 980 6077 5848 Passcode: 970520

Week 4: Promoting Helpful Thinking helps participants to learn how their thoughts influence their emotions, become more aware of what they are saying to themselves, and replace unhelpful thoughts with more helpful ones.

Date & Time	Zoom Details (click on the link)
Tuesday, October 28, 2025: 7-8pm (PST)	Zoom Link Meeting ID: 988 1612 3924 Passcode: 443722
Thursday, October 30, 2025: 12-1pm (PST)	Zoom Link Meeting ID: 980 6077 5848 Passcode: 970520

Week 5: Rebuilding Healthy Connections encourages participants to access and enhance social, workplace, and community supports.

Date & Time	Zoom Details (click on the link)
Tuesday, November 4, 2025: 7-8pm (PST)	Zoom Link Meeting ID: 988 1612 3924 Passcode: 443722
Thursday, November 6, 2025: 12-1pm (PST)	Zoom Link Meeting ID: 980 6077 5848 Passcode: 970520

Register at <https://bit.ly/3A2P63s>.

For more information, please visit our [website](#) or contact edu.pps@phsa.ca