

WELLNESS EXCHANGE JUNE 2022

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 individuals cope with stress and adversity, while promoting resilience and well-being.

Participants will be given information and tools to increase coping, communication, and self-advocacy, creating healthier relationships and building resilience. The Wellness Exchange is 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.

To register for the daytime session, sign up [here](#).

For the evening sessions, sign up [here](#).

For more information, please contact DPSProgram@phsa.ca.



SESSION TOPICS & SCHEDULE

Week 1: Building Problem-Solving Skills teaches people 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, June 7, 2022: 6-7pm	Zoom Link Meeting ID: 821 1639 7367 Passcode: 009531
Wednesday, June 8, 2022: 10-11am	Zoom Link Meeting ID: 879 7411 9537 Password: 292218

Week 2: Promoting Positive Activities guides people 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, June 14, 2022: 6-7pm	Zoom Link Meeting ID: 821 1639 7367 Passcode: 009531
Wednesday, June 15, 2022: 10-11am	Zoom Link Meeting ID: 879 7411 9537 Password: 292218

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, June 21, 2022: 6-7pm	Zoom Link Meeting ID: 821 1639 7367 Passcode: 009531
Wednesday, June 22, 2022: 10-11am	Zoom Link Meeting ID: 879 7411 9537 Password: 292218

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

Date & Time	Zoom Details (click on the link)
Tuesday, June 28, 2022: 6-7pm	Zoom Link Meeting ID: 821 1639 7367 Passcode: 009531
Wednesday, June 29, 2022: 10-11am	Zoom Link Meeting ID: 879 7411 9537 Password: 292218

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

Date & Time	Zoom Details (click on the link)
Tuesday, July 5, 2022: 6-7pm	Zoom Link Meeting ID: 821 1639 7367 Passcode: 009531
Wednesday, July 6, 2022: 10-11am	Zoom Link Meeting ID: 879 7411 9537 Password: 292218

For daytime sessions, register at: <https://bit.ly/3sWQOR8>

For evening sessions, register at: <https://bit.ly/3wOycUO>