

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, creating healthier relationships and building 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 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, July 16, 2024: 7-8pm (PST)	Zoom Link Meeting ID: 622 9040 9965 Password: 898307
Thursday, July 18, 2024: 12-1pm (PST)	Zoom Link Meeting ID: 650 9807 7881 Password: 544703

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, July 23, 2024: 7-8pm (PST)	Zoom Link Meeting ID: 622 9040 9965 Password: 898307
Thursday, July 25, 2024: 12-1pm (PST)	Zoom Link Meeting ID: 650 9807 7881 Password: 544703

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, July 30, 2024: 7-8pm (PST)	Zoom Link Meeting ID: 622 9040 9965 Password: 898307
Thursday, August 1, 2024: 12-1pm (PST)	Zoom Link Meeting ID: 650 9807 7881 Password: 544703

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, August 6, 2024: 7-8pm (PST)	Zoom Link Meeting ID: 622 9040 9965 Password: 898307
Thursday, August 8, 2024: 12-1pm (PST)	Zoom Link Meeting ID: 650 9807 7881 Password: 544703

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, August 13, 2024: 7-8pm (PST)	Zoom Link Meeting ID: 622 9040 9965 Password: 898307
Thursday, August 15, 2024: 12-1pm (PST)	Zoom Link Meeting ID: 650 9807 7881 Password: 544703

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

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