

WELLNESS WEBINARS

PROVIDING INFORMATION AND SKILL BUILDING SUPPORT ON VARIOUS MENTAL WELLNESS AND SUBSTANCE USE TOPICS

www.bridgethegapp.ca/adult/online-programs/wellness-webinars/

**WEBINARS ARE
FREE!**

**CLICK ON THE LINK
OR GO TO
BRIDGETHEGAPP.CA
TO WATCH
ANYTIME,
ANYWHERE!**

**USE A COMPUTER,
TABLET OR PHONE!**

**WATCH AS OFTEN
AS YOU WOULD
LIKE!**

**SHARE WITH
OTHERS!**

**YOU ARE NOT
ALONE.
WE'RE HERE
TO HELP.**

Bridge the gApp

A brief explanation of the features of www.bridgethegapp.ca.

Duration: 10 minutes

Anxiety Wellness Session

Understand anxiety and identify ways to manage and cope.

Duration: 1 hour, 5 minutes

Depression Wellness Session

Understand depression and identify ways to manage and cope.

Duration: 1 hour, 18 minutes

Coping with Stress

Understand stress, stress management, and identify ways to manage and cope.

Duration: 1 hour, 10 minutes

Parenting 101

Understand parenting styles and learn strategies for parenting children and teens.

Duration: 1 hour, 13 minutes

Grief & Loss

Understand the natural grief and loss process and enhance coping skills.

Duration: 1 hour, 2 minutes

Harm Reduction - Substance Use

Understand substance use and reduce harms associated with use.

Duration: 47 minutes

Substance Use

Understand substance use and its impact on self/family, and understand the recovery process.

Duration: 1 hour, 48 minutes

E-Mental Health Services

An overview of the e-mental health services available in Newfoundland and Labrador.

Duration: 42 minutes

Parenting in a Pandemic

Learn how to talk to children about a pandemic, understand the importance of structure and routine, and learn other useful tips.

Duration: 1 hour, 16 minutes

Self-Care during a Pandemic

Learn strategies on how to adjust and adapt to the continual change that is part of a pandemic experience.

Duration: 1 hour, 6 minutes



Bridge the gapp

doorways

