

For immediate release

April 29, 2020

Wellness webinars series available on Bridge the gApp

Recognizing the challenges that Newfoundlanders and Labradorians are experiencing during the COVID-19 pandemic, Labrador-Grenfell Health is advising the public of a series of free wellness webinars available through Bridge the gApp (www.bridgethegapp.ca).

Webinars cover a variety of topics such as anxiety, coping with stress, parenting, self-care, substance use and e-mental health services in Newfoundland and Labrador and can be watched any time on computer, tablet or phone. There is no limit to how many times you can watch or share webinars and we encourage the public access these and share with your loved ones.

To learn more, please see the attached list of webinars in the series.

For information on mental health and addictions services in the Labrador-Grenfell Health region, please visit www.lghealth.ca.

For more information and regular updates on COVID-19, please visit the Government of Newfoundland and Labrador website at www.gov.nl.ca/covid-19.

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

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HEALTHLINE

Bridge the gapp

doorways


Labrador-Grenfell
Health