

Occupational Wellness: Supporting Frontline Workers and First Responders

*A safe and non-judgmental
space to engage in sharing of
experiences.*



About This Group

If you work directly with clients/patients/community individuals, this group is for you! Front Line Workers and First Responders experience a variety of situations and circumstances that can lead to feelings of burnout, exhaustion, stress, and feelings of unhappiness with one's job. This virtual 6- week psycho-educational support group will cover a variety of topics including: Post-Traumatic Stress Disorder, Compassion Fatigue, Anxiety, Depression, Burnout, Self-Care, and many more topics that the group identifies as important to them to discuss.

Monday, April 8 2024
to May 13, 2024

6:00 pm to
8:00 pm

Location:
VIRTUAL

Cost: Free Thanks
to Funding from
Alberta Health

Register Now: www.momentumcounselling.org

