



What is Wellness Exchange?

Wellness Exchange provides people the opportunity to pause and reflect on what is most important for them to enhance their well-being, actively identify what they need, and consider strategies that work for them.

The curriculum is an accessible, modular series that includes 5 group-based wellness sessions that run for 60 minutes. You can virtually attend any or all sessions in any order.

The goal of Wellness Exchange is to help increase effective coping, communication, self-advocacy, through an action-oriented approach. During sessions, participants have an opportunity to reflect and engage in self-care and skill building for personal development and benefit.



Session Topics and Schedule

	Tuesdays at 7:00-8:00pm (PST)	Thursdays at 12:00-1:00pm (PST)
1. Building Problem-Solving Skills	January 16, 2024	January 18, 2024
2. Promoting Positive Activities	January 23, 2024	January 25, 2024
3. Managing Reactions	January 30, 2024	February 1, 2024
4. Promoting Helpful Thinking	February 6, 2024	February 8, 2024
5. Rebuilding Healthy Connections	February 13, 2024	February 15, 2024

Register [here](#)

or scan the QR code

