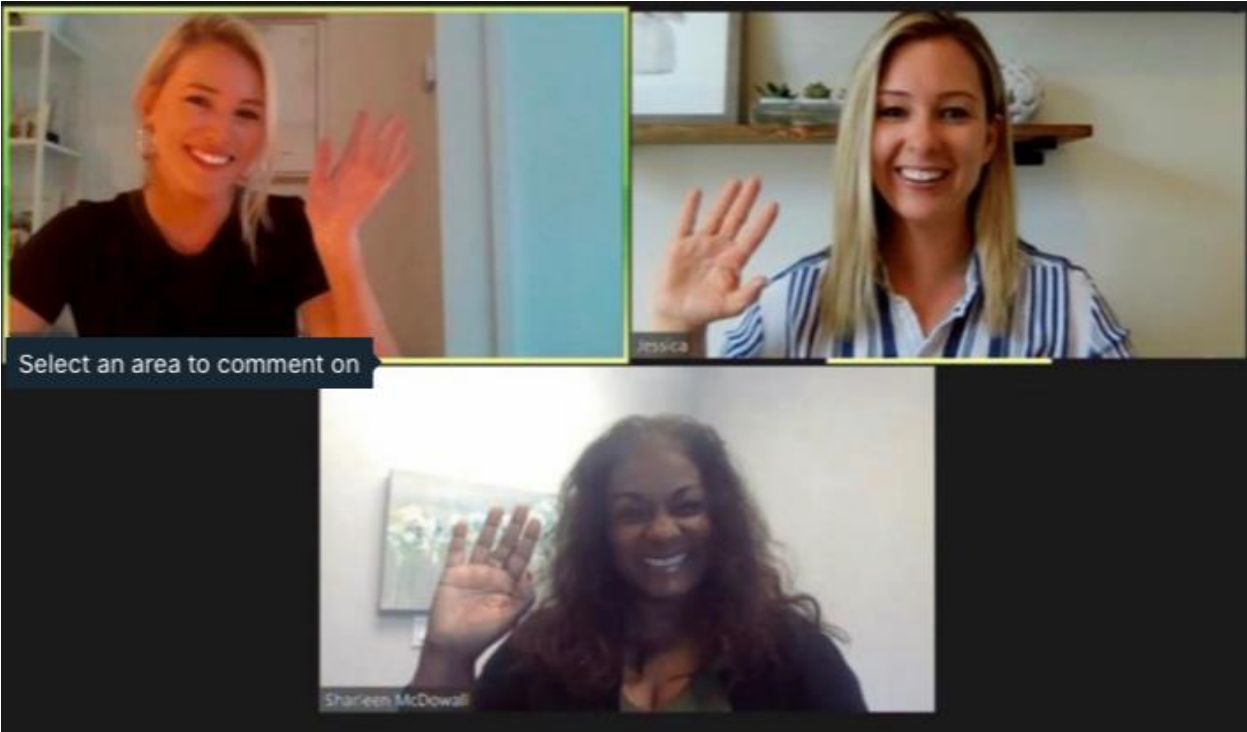




Nomination

Mental health and addiction support in primary care

**Central Brampton Family Health Team - Mental Health Program
Coping Conversations for Mental Health & Wellness – A Weekly Webinar Series
for Self-Reflection**



Our webinar series “Coping Conversations” was created to stay connected with our clients as a result of restrictions due to the Covid-19 outbreak. While it was initially developed for this purpose, this webinar series has evolved into a supportive community of people who not only gain insight and understanding about themselves and their own wellbeing, but also gain peer support in the way in which participants share their lived experience. This webinar has fostered a sense of community, compassion and belonging, which is evident through the consistency of returning participants both from the FHT and broader community.

