

# FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 10:00am-12:00pm Drop in Counselling 6:00pm Group Session Coping with the shock of Layoff	12	13 10:00am-12:00pm RN Prescriber Available for Walk-in (smoking cessation, birth control, family planning etc)	14
15	16	17	18 10:00am-12:00pm Drop in Counselling 6:00pm Group Session Managing Stress, Anxiety and Uncertainty	19	20 10:00am-12:00pm RN Prescriber Available for Walk-in (smoking cessation, birth control, family planning etc)	21
22	23	24	25 10:00am-12:00pm Drop in Counselling 6:00pm Group Session Substance Use as a Coping Tool: Understanding and Reducing Risk	26	27 10:00am-12:00pm RN Prescriber Available for Walk-in (smoking cessation, birth control, family planning etc)	28
29	30					



## United Steelworkers Local 2724 February 2026

### **Drop-In Counselling:**

**Purpose:** Immediate, flexible support for workers experiencing layoffs, job insecurity, financial stress, and identity loss tied to work.

**Format:** No appointment needed, brief supportive counselling, referrals as needed.

#### **Frequency:**

Morning Block: Wednesdays 10:00am-12:00pm

Evening Block: Thursday evenings 5:00pm-7:00pm

### **Weekly Group Sessions:**

**Purpose:** Normalize experiences, reduce isolation, build coping skills, and create peer support

**Format:** 60-70 minutes, structured topic + open discussion

**Frequency:** Wednesday evenings (6:00pm-7:00pm)

*Pizza and Water will be provided at the weekly group sessions*

### **Schedule/Topic Plan:**

#### **Week One: Coping with the Shock of Layoffs**

##### **Focus:**

- Emotional reactions to job loss (anger, grief, fear, numbness)
- Normalizing responses
- Grounding and short-term stabilization tools

**Rationale:** Layoffs are a sudden loss and can trigger acute stress responses

#### **Week Two: Managing Stress, Anxiety, and Uncertainty**

##### **Focus:**

- Financial stress and job insecurity
- Sleep issues, racing thoughts, irritability
- Practical coping tools and stress reduction strategies

**Rationale:** Ongoing uncertainty increases anxiety and emotional exhaustion.

#### **Week Three: Substance Use as a Coping Tool - Understanding and Reducing Risk**

##### **Focus:**

- How alcohol and other substances are often used to cope with stress and loss
- Difference between use, misuse, and dependence
- Harm-reduction strategies
- Identifying personal warning signs
- Encouraging support without shame



**Rationale:** Periods of unemployment and high stress significantly increase substance use risk. Addressing this openly reduces stigma and promotes early support

#### **Week Four: Identity, Purpose, and Moving Forward After Job Loss**

##### **Focus:**

- Loss of identity tied to work
- Rebuilding self-worth
- Strengths, resilience, and next steps
- Ending the month with hope and direction

**Rationale:** Helps participants regain a sense of agency and confidence moving forward.