

COPE Mental Health



Specialized Support Groups and Workshops

Please call COPE at 905-668-6223 ext. 613 to register for any of these workshops

- **Self-Compassion Workshop (March 2nd – April 13th, every Tuesday from 2pm-3pm)**
Join us online to learn practical skills to help you be less critical and more compassionate towards yourself! Self-compassion involves being aware of our own pain and suffering, and understanding that this is hard, but is a normal human experience.
- **Self-Care Workshop (March 2nd – April 13th, every Tuesday from 12pm-1pm)**
Good self-care is vital for building resilience toward stressors in our lives, and improving the relationship with ourselves and others. Join us to learn more about how to implement self-care practices to improve your overall wellbeing.
- **Storytelling Workshop (March 4th- April 22nd, every Thursday from 1pm-2pm)**
In this workshop participants will learn the basics that will give them the tools to craft their own personal story. When we adjust the story we tell ourselves about our life, we have the possibility to bring about positive change and improved mental health. In a safe and supportive environment, the 6-8 minute story participants create will be shared and gentle feedback given.
- **Procrastination Workshop (May 4th – June 8th, every Tuesday from 2pm-3pm)**
Procrastination is a common part of human behaviour. Often people mistake procrastination for “laziness”. Join us to better understand procrastination and learn how to implement strategies to get important tasks done.
- **Distress Intolerance Workshop (May 4th - May 25th, every Tuesday from 12pm-1pm)**
Distress intolerance is when someone believes they are unable to cope with their uncomfortable emotions, and tries to escape or avoid them. Most people dislike feeling uncomfortable, and so we may evaluate it negatively. It is possible to learn how to sit with and tolerate emotional distress. Join us to learn how to help emotions pass in a healthier way.
- **Social Recreation Group: Cards & Games (Ongoing, every Thursday from 1pm-4pm)**
Join us online for fun, laughter, and relaxation while playing Bingo (1pm), Euchre (2pm) and Dominoes (3pm). Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!
- **Morning Wellness Group (Ongoing, every Friday from 9:30am-11am)**
Join us every Friday morning to gently wake up and greet your day. Topics of wellness will be discussed, as well as monthly presenters on the first Friday of every month.
- **Beyond the Plate Group (Ongoing, biweekly Thursdays from 12pm-1pm)**
Join us to learn how to cook healthy and affordable meals! All of the ingredients used in the recipes can be found at your local food bank, in your Community Care Durham Food Box, and local grocery store. The students will also engage in a Q & A period to answer any questions you may have about preparation, food substitutions for special diets and much more!
- **‘Calling All Caregivers’ Group (Ongoing, biweekly Tuesdays from 2pm-3:30pm)**
Join Community Care Durham’s COPE Mental Health team in partnership with the Adult Day Program, to discuss your experiences and concerns, as well as learn new strategies for self-care with fellow caregivers.