

COPE Mental Health

Life Skills Groups



Please call COPE at 905-668-6223 ext. 613 to register for any of these groups. These 45-minute life skills groups run every Monday at 12pm. They are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being.

- **Compassionate Communication (March 1st)**

An approach to speaking and listening that helps us respond to others more effectively in even the most difficult situations. When we pay attention to our core needs and as well as others', we are motivated to act out of compassion rather than guilt, fear or shame. Join us to learn how to improve your understanding and communications with others.

- **SMART Goals (March 8th)**

These goals help us to outline a plan for successful outcomes that are Specific, Measurable, Attainable, Reliable and with Timelines. By using SMART Goals, you improve your chances of achieving the goals that you set for yourself. Join us to learn how to set SMART goals.

- **Coping with Stress (March 15th)**

This can be challenging in the best of times. There are steps you can take to assist in managing your stress in a positive way to help support both your physical and mental health. Join to learn some of these tips.

- **What is Distress Intolerance (March 22nd)**

Distress is a range of emotions that everyone experiences. There are varying types of emotions that people might find distressing and uncomfortable. Join us to learn about these emotions and how best to manage.

- **What is Social Anxiety (March 29th)**

Social anxiety is used to describe feelings of anxiety and fear that occur in response to a social situation. We will learn about the symptoms and some tips to help regulate yourself in social settings.

- **Spring Cleaning and Our Mental Health (April 5th)**

Once you begin to imagine the connection between spring cleaning and your mental well-being, it's not hard to see why it's a way to make a thoughtful connection between our mental and physical spaces, and how they can influence one another. Join us to learn more.

- **Seasonal Affective Disorder - Change of Seasons and Relationships (April 12th)**

SAD can be triggered by warmer weather Spring brings with the heat, sunlight, lack of routine or even change in your scheduling. Let's discuss ways to support your depression in the spring and summer months.

- **Sun Benefits, Vitamin D and Our Bodies (April 19th)**

The sun has a profound effect on our circadian rhythms, shifting sleep patterns and affecting our health more than we might realize. Light levels help to regulate alertness and mood. We also rely on sunlight to convert cholesterol in the skin into vitamin D, which helps build strong bones, and plays a beneficial role in our immune system. Join us for more information on the benefits of sunlight.

- **Social Connectivity (April 26th)**

Our social life can have enormous positive effects on mental health and physical health. Social connection can reduce stress and give one a sense of meaning, purpose and belonging. Supportive social ties can have a direct impact on our happiness and can reduce blood pressure, heart rate and stress hormones. We will discuss how to get and stay connected in these times.