

COPE Mental Health

Seniors and Adults (16 +)



Overview

COPE (Creating Opportunities for Personal Excellence) is a unique community-based mental health service provided by Community Care Durham (CCD) that offers group support to adults aged 16 and older with emotional and/or mental health concerns. Our programming is focused on education, community connection, and coping strategies to assist with the management of mental health symptoms and overall wellbeing.

Clients Supported

Individuals with mental health concerns; individuals with emotional concerns; individuals seeking to improve their mental wellbeing; socially isolated individuals seeking community connection; individuals with chronic pain; caregivers; bereaved individuals.

We offer groups for:

- Anxiety and Depression Support
- Anxiety and Stress Management
- Depression Support
- Bipolar Support
- Bereavement Support
- Anxiety Support
- Men's Wellness
- Women's Wellness
- Chronic Pain Support
- Caregiver Support

We offer a variety of workshops for mental health concerns and the improvement of overall wellbeing. Some of our offered workshops are Anxiety and Depression, Self-Compassion, Self-Esteem, Self-Care and Distress Tolerance.

We also offer community educational events through our "Let's Talk About" evenings. These events promote community awareness for mental health, overall wellbeing, and recognition of organizations in the community available for support.

How can I join?

To access COPE services, please call 905-668-6223 ext. 613. We also accept referrals from a variety of community sources, including:

- Self-referrals
- Referrals from family physicians
- Psychiatrists
- Community mental health services
- Social services-based case management programs
- Hospital crisis services

Program Locations

Our support groups are offered at various locations throughout Durham Region. Due to COVID-19, in-person support groups are temporarily suspended, and all programming is delivered on a virtual platform accessible by computer, tablet or phone.

Availability

Currently no waitlist.

Cost

Free of charge.

Transportation

Available through CCD's transportation service.

Program Hours

Group times vary, with daytime and evening group support available.