

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

WORKSHOPS

- **Anxiety and Depression Workshop (June 7th – July 26th, every Monday from 6pm-8pm)**
This online 8-week workshop shares the basics of understanding and managing symptoms of Anxiety and Depression. Each 2-hour session explores a different mental wellness topic aimed to educate and enhance your personal management skills with mental health.
- **Sleep Workshop (June 7th – June 28th, every Monday from 2pm-3pm)**
Sleep is such an important part of our lives, yet many of us don't pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. Join us online in this workshop where we will explore the role and function of sleep, the effects on our mind and body when we don't get enough sleep, and strategies to try in order to improve the quality and quantity of our sleep hours.
- **Distress Intolerance Workshop (June 8th – June 29th, 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 online to learn how to help emotions pass in a healthier way.
- **Procrastination Workshop (July 6th – August 10th, every Tuesday from 2pm-3pm)**
Procrastination is a common part of human behaviour. Often people mistake procrastination for "laziness". Join us online to better understand procrastination and learn how to implement strategies to get important tasks done.
- **Self-Compassion Workshop (July 6th – August 10th, every Tuesday from 12pm-1pm)**
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.
- **Depression Workshop (July 7th – August 11th, every Wednesday 12pm-1pm)**
Join us online in this workshop where you will learn about depression, the "thinking – feeling connection", unhelpful thinking styles, how core beliefs affect depression, self-management strategies and more.
- **Mindfulness Workshop (July 8th – July 29th, every Thursday 1pm-2pm)**
Mindfulness may help to ease psychological stresses such as anxiety, depression and pain. This workshop will explore different kinds of mindfulness meditation techniques and learn how to use them in our everyday lives.

SPECIALIZED GROUPS

- **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 – "Cozy Corner" (Ongoing, every Friday from 9:30am-11am)**
Join us every Friday morning in this social group 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.



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