

## COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

### **WORKSHOPS (VIRTUAL)**

- **Procrastination Workshop (July 6<sup>th</sup> – August 10<sup>th</sup>, 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 6<sup>th</sup> – August 10<sup>th</sup>, 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 7<sup>th</sup> – August 11<sup>th</sup>, 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 8<sup>th</sup> – July 29<sup>th</sup>, every Thursday, Two Options: 1pm-2pm or 3-4pm)**  
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.
- **Assertiveness Workshop (August 16<sup>th</sup> – September 27<sup>th</sup>, every Monday from 2pm-3pm)**  
Assertiveness is a communication style. It is being able to express your feelings, thoughts, beliefs, and opinions in an open manner that is respectful towards yourself and others. Join us in the workshop to learn how to communicate assertively.

### **OUTDOOR SUMMER GROUPS (IN PERSON)**

**Oshawa - Exact location to be provided upon registration**

- **Yoga/Meditation in the Park (August 4<sup>th</sup> – August 25<sup>th</sup>, every Wednesday from 12:15pm-1:00pm)**  
Yoga and meditation are excellent ways for individuals to create self-awareness in order to assist our bodies on a journey to wellness. Yoga can support stress management, mindfulness and health mental well-being. Join us outdoor in a central Oshawa park!
- **Nature Walk in the Park (August 4<sup>th</sup> – August 25<sup>th</sup>, every Wednesday from 11:00am-12:00pm)**  
Nature provides an environment which allows us to be inspired, reflect and heal. Outdoor activities also increase physical fitness, raises levels of vitamin D - which helps to boost our immune system – and can lessen the symptoms of anxiety and depression. Join us for a peaceful walk in the park, where there are several locations throughout the walking path to have a seat and take a break if needed.
- **Painting in the Park (August 5<sup>th</sup> – August 26<sup>th</sup>, every Thursday from 11:00am-12:00pm)**  
Painting has extremely effective therapeutic and calming techniques and can help increase overall mental and physical wellness. It allows the mind to focus on the images at hand and on nothing else. This welcome distraction relieves stress on the mind and in turn relaxes the body. We are combining this creative outlet with the beautiful surroundings of nature to maximize relaxation and inspiration.

**Cannington - Exact location to be provided upon registration**

- **Outdoor Wellness in the Park (August 11<sup>th</sup> – September 1<sup>st</sup>, every Wednesday from 2:00pm – 4:00pm)**  
There are many mental wellness benefits associated with being outside in green spaces, such as lowering risk of depression and psychological stress. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention. Join us, as we participate in various activities while embracing nature. Activities include: canvas painting, soap carving, scavenger hunts, rock wrapping and much more!

**Clarington – Locations will rotate for a change of scenery**

- **Wellness Through Nature (August 10<sup>th</sup> – September 28<sup>th</sup>, every Tuesday from 10:00am-12:00pm)**  
Nature provides an environment which allows us to be inspired, reflect and heal. Outdoor activities also increase physical fitness, raises levels of vitamin D - which helps to boost our immune system – and can lessen the symptoms of anxiety and depression. Join us for a peaceful walk in nature.



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## **SPECIALIZED GROUPS (VIRTUAL)**

- **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 Friday mornings in this social group to connect with other community members and discuss various wellness topics. This is a group for fun and light conversations!
- **\*NEW\* Afternoon Wellness Group – “Cozy Corner” (Ongoing, every Monday from 3:30pm-4:30pm)**  
Join us Monday afternoons in this social group to connect with other community members and discuss various wellness topics. This is a group for fun and light conversations!
- **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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