

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

To register or receive more information, please contact Deanna at dmarshall@communitycaredurham.on.ca

WORKSHOPS (VIRTUAL)

- **Distress Intolerance Workshop (September 7th – September 28th, every Tuesday from 3pm-4pm)**
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.
- **Storytelling Workshop (September 9th – October 28th, every Thursday from 1-2pm)**
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.
- **Self-Care Workshop (September 14th – November 8th, every Tuesday from 12pm-1:30pm)**
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.

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!
- **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!
- **‘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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