

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

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

WORKSHOPS (VIRTUAL)

- **Anxiety and Depression Workshop (October 4th – December 6th, every Monday from 6-8pm)**
Join us online in this workshop to better understand anxiety and depression and the areas of well-being that can have a direct on your mental health. We will learn about how to cope in a crisis, proper self-care, boosting self-esteem, giving yourself self-compassion, setting goals and managing set-backs, and learning about emotions and negative self talk.
- **Self Compassion Workshop (October 5th – November 9th, every Tuesday from 2-3pm)**
From self-criticism to self-kindness. This workshop is designed to provide practical skills to help you be less critical and more compassionate towards yourself. Learn to be aware of your own pain and suffering, and understand that it is hard, but is a normal human experience. The workshop will teach you to direct feelings of kindness and care toward yourself and focus your attention and energy on how you might alleviate your pain.
- **Procrastination Workshop (October 6th – November 10th, every Wednesday from 1-2pm)**
Procrastination is making a decision to delay or not complete a task or goal you've committed to. Instead, we often do something of lesser importance, despite there being negative consequences to not completing the original task or goal. Join us to better understand procrastination and learn how to implement strategies to get important tasks done!
- **Mindfulness Workshop (October 7th – October 28th, every Thursday from 3-4pm)**
Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment with compassion and non-judgment. Through practice, Mindfulness can help ease psychological stresses such as anxiety, depression, and pain. Join us to learn more about what mindfulness and meditation are, what you can gain from practicing them, and more.

SPECIALIZED GROUPS (VIRTUAL)

- ***NEW* Evening Social Recreation Group: Board Games (Starting September 22 – Ongoing, every Wednesday 7-9PM)** Join us online for fun, laughter, and relaxation while playing board games online! Play classic board games (7-8PM) and a variety of new board games (8-9PM). Connecting with others can help to reduce stress, depression, and anxiety.
- **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.



PHONE: 905-668-6223
FAX: 905-668-7190

20 Sunray Street, Unit 5, Whitby, ON L1N 8Y3
Charitable Registration Number #11888 9955 RR0001
www.COMMUNITYCAREDURHAM.ON.CA