

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

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

WORKSHOPS (VIRTUAL)

Due to the holidays, there will be no new workshops beginning in December 2021. Workshops are planned to resume in 2022.

SPECIALIZED GROUPS (VIRTUAL)

- **Evening Social Recreation Group: Board Games (Ongoing, every Monday 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!



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