

COPE MENTAL HEALTH LIFE SKILLS GROUP

These 45-minute life skills groups run every Monday at 12pm. They are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being.

UPCOMING TOPICS:

November 2021

- **Creating New Habits (November 15)**
- **Defining Self Esteem (November 22)**
- **Understanding Social Anxiety (November 29)**

December 2021

- **Mental Health and Stigma (December 6)**

The lives of people with mental health conditions are often plagued by stigma as well as discrimination. Stigma is a negative stereotype. Stigma is a reality for many people with a mental illness, and they report that how others judge them is one of their greatest barriers to a complete and satisfying life. Join us to learn more about Stigma and our mental health.

- **Preparing for the Holidays (December 13)**

Holidays often bring twinkling lights, the scent of baking cookies, gatherings with friends and family, and stress. The increased social and financial pressures of this season often create extra challenges. So how do you beat holiday stress? Join us to discuss some tips and coping strategies to help you through this time.

- **Being Lonely Through the Holidays (December 20)**

The holiday season is generally thought of as a time of joy and love, but for many people, it's a time of loneliness. Some people live far from family and miss seeing their loved ones this time of year; others dread going to holiday parties and celebrations and end up staying home. It's also common for people to feel emotional distance from the people they're with, which can result in feeling lonely even when in a room full of people. For those who feel a sense of loneliness, holidays can be a time of additional stress. Join us for some tips on how to improve your holiday dreads!

January 2022

- **Sleep & Coping with Hyperarousal (January 3)**

Hyperarousal is a key component in all modern etiological models of insomnia disorder. Overall patterns in the literature suggest that over-active neurobiological and psychological systems contribute to difficulty sleeping. Join us to learn more about your insomnia and sleeping challenges.



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