

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

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

WORKSHOPS (VIRTUAL)

- **Storytelling Workshop (January 6th – February 24th, 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.
- **Assertiveness Workshop (January 11th – February 22nd, every Tuesday from 12-1pm)**
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.

SPECIALIZED GROUPS (VIRTUAL)

- ***NEW* Building Blocks Support Group (Start date to be determined – Ongoing, every Tuesday 10am-11am)** This group is for mothers with children aged 0-18 months who are having difficulty adjusting to life with a baby. Come together to discuss challenges, fears, joys, and the effects of motherhood in a safe, non-judgemental environment. The goal of this group is to establish healthy and realistic conversations about motherhood, while sharing various resources, coping strategies, and psychoeducation to improve mental health and wellbeing.
- **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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