

## COPE MENTAL HEALTH LIFE SKILLS GROUP

To register or receive more information, please contact Barb at [bcatalano@communitycaredurham.on.ca](mailto:bcatalano@communitycaredurham.on.ca)

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:

- **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!

- **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 insomnia and sleeping challenges.

- **Creating Good Habits that Support our Mental Health (January 10)**

Want to start new healthy habits for mental health? To stay fit and healthy it's important to take care of your mental health as well as your physical health. There are little things you can do each day that all contribute to your mental wellness. Join us to learn what these good habits are and how we can utilize them for our wellbeing.

- **Be Your Best Possible Self – Vision Board (January 17)**

Take a moment to imagine your life in the future. What is the best possible life you can imagine? Consider all of the relevant areas of your life, such as your career, academic work, relationships, hobbies, and health. What would happen in these areas of your life in your best possible future?

- **Managing Brain Health (January 24)**

Intuitively we know that maintaining good health is key to maintaining what is most important to us as we age: our ability to be physically and mentally capable, so that we can remain active, engaged in our lives, and as independent as possible. But what about our brain health?

- **The Benefits of Social Connection (January 31)**

The benefits of social connections and good mental health are numerous. Studies have found that healthy relationships and good mental health can contribute to lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.



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