



COPE MENTAL HEALTH LIFE SKILLS GROUP

To register or receive more information, please contact Deanna at dmarshall@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 (VIRTUAL)

- **What is Self-Esteem? (May 2)**

As human beings, we tend to place a value or a measure of worth to ourselves or aspects of ourselves. Self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. If the value we place on ourselves is often negative, this is when we run into problems with self-esteem. Join us to learn more about Self Esteem.

- **Eating Disorders (May 9)**

There is a commonly held misconception that eating disorders are a lifestyle choice. Eating disorders are serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

- **Anxiety (May 16)**

Individuals with Anxiety disorders experience excessive anxiety, fear, or worry, causing them to either avoid situations that might precipitate the anxiety or develop compulsive rituals that lessen the anxiety. Anxiety disorders include



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Generalized Anxiety Disorder (GAD), Specific Phobia, Post-traumatic Stress Disorder (PTSD), Social Phobia or Social Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Panic Disorder, and Agoraphobia. Join us to learn about the variety of anxiety and which one might be affecting you.

- **CLOSED for Victoria Day (May 23)**
- **Can Music Help with Mental Health during Menopause? (May 30)**

It has long been known that music has a healing effect, triggering the release of certain "happy" neurotransmitters including dopamine, serotonin, and endorphins as well as the hormone oxytocin. Now, research indicates that tunes can also ease the menopause transition for women. Join us to discuss the effects of music and our health.

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