



Community Care Durham  
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

## COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

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

### UPCOMING WORKSHOPS (VIRTUAL)

- **\*NEW\* Men's Wellness (May 3rd – May 24th, every Tuesday from 1:30 - 2:30 p.m.).** This workshop is designed to help you learn useful tools for addressing common presenting concerns and feel more confident in your ability to manage distress. The workshop will come with weekly hand-outs that will allow you to engage in materials and practice your new skills between sessions. After attending this workshop, you will have a clear idea of what areas you want to improve in your own life, a renewed sense of direction, and the ability to establish a new well-being routine that you can be proud of. Additional support will be offered in bi-weekly group coaching sessions with the aim to maintain and stay focused on your SMART goals.
- **Self Esteem (May 10th – June 21st, every Tuesday from 12 - 1:30 p.m.).** Healthy self-esteem is thinking about ourselves and our worth in a balanced way. Join us online to learn how to develop realistic expectations, balance self-evaluations and engage in helpful behaviour. Using strategies from this workshop will allow you to approach situations with an open mind, as well as to have the opportunity for new experiences and learning.

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## SPECIALIZED GROUPS (VIRTUAL)

- **\*NEW\* Building Blocks Support Group (Start date to be determined – Ongoing, every Tuesday 10 a.m. – 11 a.m.).** 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-judgmental 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 - 9 p.m.).** Join us online for fun, laughter, and relaxation while playing board games online! Play classic board games (7-8 p.m.) and a variety of new board games (8 - 9 p.m.). Connecting with others can help to reduce stress, depression, and anxiety.
- **Social Recreation Group: Cards & Games (Ongoing, every Thursday from 1 - 4 p.m.).** Join us online for fun, laughter, and relaxation while playing Bingo (1 p.m.), Euchre (2 p.m.) and Dominoes (3 p.m.). Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!
- **Morning Wellness Group – “Cozy Corner” (Ongoing, every Friday from 9:30 – 11 a.m.).** 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 3:30 - 4:30 p.m.).** 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!