



COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

*To register or receive more information, please contact Deanna at
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UPCOMING WORKSHOPS (VIRTUAL)

- **Storytelling (June 2nd – July 7th, every Thursday from 1:00-2:00pm)**

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.

- **Mindfulness and Meditation (June 20th – July 11th, every Monday from 7:00-8:30pm)**

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment with compassion and non-judgment. Through this practice, it may help to ease psychological stresses such as anxiety, depression, and pain. We will be exploring different kinds of mindfulness meditation techniques and learn how to utilize them in our everyday lives. Join us to learn more about what mindfulness and meditation are, what you can gain from practicing them, and more.

SPECIALIZED GROUPS (VIRTUAL)

- **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.



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

- **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!