



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)

- **Eating Disorders (June 6)**
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.
- **Understanding Psychosis (June 13)**
The word psychosis is used to describe conditions that affect the mind, where there has been some loss of contact with reality. When someone becomes ill in this way, it is called a psychotic episode. During a period of psychosis, a person's thoughts and perceptions are disturbed, and the individual may have difficulty understanding what is real and what is not.
- **Benefits of Sunlight (June 20)**
The Sun has a profound effect on our circadian rhythms, shifts sleep patterns and effects our health more than we might realize. Light levels help to regulate alertness and mood. We also rely on sunlight to convert cholesterol in the skin to Vitamin D, which helps build strong bones and plays a beneficial role in our immune system.
- **Decluttering Your Personal Space (June 27)**
If you are looking for an easy way to reduce stress decluttering your environment may be a good place to start. Removing excess clutter/stuff can benefit your mental health by making you feel calmer, happier and more in control. A tidier space can make for a more relaxed mind. Join us to learn some tips, tricks and advice on how to achieve this.