



## COPE MENTAL HEALTH OUTDOOR WELLNESS GROUPS – SUMMER 2022

COPE is hosting a variety of outdoor wellness groups in Clarington and Oshawa. Exact locations of activities will be sent to registered participants. Please note that all public health guidelines will be followed for the duration of group.

### **CLARINGTON OUTDOOR GROUP (Various Clarington Locations)**

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

- **Nature Wellness Walks**

**June 21st – August 9th, every Tuesday from 10:00am-12:00pm**

Join us for a peaceful walk in nature at various locations throughout Clarington. Activities such as mindfulness, nature art, and scavenger hunts will also be included.

### **OSHAWA OUTDOOR GROUPS (Central Oshawa)**

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

- **Walk in the Park**

**July 6th – September 28th, every Wednesday from 11:00am-12:00pm**

Join us for a peaceful walk in the park, where there are several locations throughout the walking path to have a seat and take a break if needed.

- **Yoga in the Park**

**July 6th – September 28th, every Wednesday from 12:15pm-1:00pm**

Join us for relaxing Yoga sessions in nature. Yoga can help us to create self-awareness and assist our bodies on a journey to wellness.

- **Painting in the Park**

**July 7th – September 29th, every Thursday from 11:00am-12:30pm**

Painting has therapeutic properties that can help increase overall mental and physical wellness. Join us for painting with the beautiful surroundings of nature.