



COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

*If you are new to COPE and would like to register with our program, please contact central intake at **905-668-6223**.*

For existing COPE members: to register or receive more information, please contact COPE at cope@communitycaredurham.on.ca

UPCOMING WORKSHOPS (VIRTUAL)

- **Distress Intolerance Workshop
(August 8th – August 29th, every Monday from 6:30-8:30pm)**

Distress intolerance is when someone believes they are unable to cope with their uncomfortable emotions and tries to escape or avoid them. Most people dislike feeling uncomfortable, and so we may evaluate it negatively. It is possible to learn how to sit with and tolerate emotional distress. Join us online to learn how to help emotions pass in a healthier way.

SPECIALIZED GROUPS (VIRTUAL)

- **Building Blocks Support Group
(Ongoing, every Tuesday 10-11am)**

This group is for mothers with young children who are having difficulty adjusting to life with a new baby, toddler, or those who need support with parenting challenges. Come together to discuss experiences, fears, joys, and the effects of motherhood in a safe, non-judgemental 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.



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

- **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.

- **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!