



Community Care Durham  
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

## COPE MENTAL HEALTH LIFE SKILLS GROUP

*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](mailto:cope@communitycaredurham.on.ca)*

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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)**

- **CLOSED for Civic Holiday (August 1)**
- **Social Self-Care (August 8)**  
Social self-care involves having a connection with other people. It means effectively working through conflict and addressing the emotional needs of the people you love. It can also be described as: Activities that nurture and deepen the relationships with people in your life.
- **Positive Qualities and Traits (August 15)**  
Positive qualities are personal attributes, character traits, skills, or strengths that are considered good or help us in some way. It is important to know your positive attributes and keep them in mind to develop a healthy level of confidence and self-worth.
- **Emotional and Psychological Self-Care (August 22)**  
Psychological self-care focuses on personal development including learning, thinking, and growing. Emotional self-care focuses on taking care of your feelings. Psychological & emotional self-care can be ANYTHING that takes care of your mind and emotions.
- **The Value of Self Love (August 29)**  
Self-Love is the regard for one's own well-being and happiness and is chiefly considered to be a desirable rather than a narcissistic characteristic. It is the belief you hold that you are a valuable and worthy person!

Phone: 905-668-6223

20 Sunray Street, Unit 1, Whitby, ON, L1N 8Y3  
Charitable Registration Number #11888 9955 RR001  
[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)