

## 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 Labour Day (September 5)**
- **Designing Your Therapeutic Space (September 12)**  
We aren't always aware of it, but our physical environment is constantly influencing our emotions and general well-being. Join us to understand how your space influences your thoughts and emotions.
- **Compassionate Communication (September 19)**  
Compassionate Communication is important in all relationships. When you communicate this way, you can build strong, healthy relationships based on trust, respect and understanding. Even when you find that you cannot build a relationship with someone, compassionate communication allows you to maintain your respect for them. Join us for some tips on how to communicate compassionately.
- **Exercise and Mental Health (September 26)**  
You already know that exercise is good for your body. But did you know it can help boost your mood, improve your sleep, and help you manage depression, anxiety, stress and more? Even modest amounts of exercise can have a profoundly positive impact on our mental health, no matter our fitness level or age! Join us to learn more using exercise as a powerful tool to help improve your mental health and emotional well-being.