



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

### **UPCOMING WORKSHOPS (VIRTUAL)**

- **Storytelling Workshop**  
**(September 8th – October 13th, every Thursday from 1:00-2:00pm)**  
In this workshop participants will learn the basics that will give them the tools to craft their own personal story. When we adjust the story we tell ourselves about our life, we have the ability to bring about positive change and improved mental health. In a safe and supportive environment, the 6-8 minute story participants create will be shared and gentle feedback given.
- **Managing Anxiety and Depression Workshop**  
**(September 13th – November 22nd, every Tuesday from 1:30-3:30pm)**  
Join us online in this workshop to better understand anxiety and depression and the areas of well-being that can have a direct impact on your mental health. We will learn about how to cope in a crisis, proper self-care, boosting self-esteem, giving yourself self-compassion, setting goals, managing set-backs, and learning about emotions and negative self-talk.

## **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.

- **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.

- **Afternoon 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!