

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

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)

- **What is Gratitude? (October 3)**

Gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits. When you experience gratitude, you feel grateful for something or someone in your life and respond with feelings of kindness, warmth, and other forms of generosity. Join us to discuss how you practice gratitude and how it provides support for your mental health.

- **CLOSED for Thanksgiving (October 10)**

- **The Benefits of Laughter (October 17)**

Laughter may not be on your self-care to-do list, but it's good for your mood, mental health, heart health, and more. Do you need a reason to chuckle right now? Join us to laugh out loud!

- **Defining Resilience within Mental Health (October 24)**

Resilience can be defined as the process of adapting well in the face of trauma, tragedy, threats, or other significant sources of stress. Some people may be more resilient than others but many struggle to bounce back from setbacks or trauma in their personal lives.

- **The Importance of Positivity (October 31)**

Positivity means having an optimistic attitude. Positive thinking is important because it can have a beneficial impact on both physical and mental well-being. People who maintain a more positive outlook on life cope better with stress and have better immunity. Join us to learn some ways to become more optimistic about situations, interactions, and yourself!