

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** or **1-888-255-6680**.*

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

UPCOMING WORKSHOPS (VIRTUAL)

- **Boundaries Workshop**
(November 3rd – November 24th, every Thursday from 1:00-2:30pm)
Boundaries are the foundation for building our relationship with others and protecting the one we have with ourselves. If you have a hard time saying “no” to others or struggle with putting your own well-being first, join us for this 4 week workshop where we will learn how to define and set our own boundaries and explore ways that we can respect the boundaries of others.
- **Eating Disorders Workshop**
(November 14th – December 5th, every Monday from 1:30pm-3:30pm)
Eating disorders are a range of conditions that are associated with people’s eating behaviors and related thoughts and emotions. These disorders can negatively affect people's health, relationships, and day-to-day living. By educating ourselves to have a better understanding of eating disorders, we can recognize common signs and further support our loved one. If you are looking to learn more about eating disorders and how you can take steps towards recovery, come join us for an important discussion.
- **Unhelpful Thinking Styles Workshop**
(November 29th – December 20th, every Tuesday from 12:00-1:30pm)
When a person experiences an unhelpful emotion, it is usually preceded by unhelpful self-statements and thoughts. These thoughts often follow patterns known as "unhelpful thinking styles". These styles of thinking can become an automatic

habit – something that happens outside of our awareness. Constant and consistent use of these styles of thinking can often cause a great deal of emotional distress. Join this workshop to learn about common unhelpful thinking styles and how we can change these habits to more positive and healthy ways of thinking.

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!