

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

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)

- **Indigenous Culture (November 7)**

Indigenous peoples live in all regions of the world and own, occupy or use some 22% of global land area. Numbering at least 370-500 million, indigenous peoples represent the greater part of the world's cultural diversity, and have created and speak the major share of the world's almost 7000 languages. Join us to learn more.

- **Self Awareness (November 14)**

Self-Awareness - Understanding how your mind and body may react towards situations that occur in the moment! Learning how to become more aware of your thoughts and actions can help you align them towards your own personal values!

- **Flourishing (November 21)**

Flourishing is the product of the pursuit and engagement of an authentic life. A life that brings inner joy and happiness through meeting goals, connecting with life passions, and relishing accomplishments through the peaks and valleys of life. Join us to learn more about the meaning of flourishing, the benefits it has for our well-being, and how you can improve flourishing.

- **Love Languages (November 28)**

Different people show love in different ways. Different people also like to receive love in different ways. Maybe your partner shows love by buying you gifts, but you care about having love expressed through words. If you and your partner's love languages don't align, you could be left wondering if they care, even as they are telling you how much they love you in their own way.