

COPE Regular and Ongoing Support Groups

*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***

Anxiety and Depression Groups

MONDAY	
11:00 AM – 1:00 PM	Women's Group
12:00 PM – 1:30 PM	Anxiety and Depression Group
1:30 PM – 3:00 PM	Men's Group
7:00 PM – 9:00 PM	Coping and Wellness Group
7:00 PM – 9:00 PM	Anxiety and Depression Group
7:00 PM – 9:00 PM	Women's Group
TUESDAY	
9:45 AM – 11:45 AM	Women's Group
10:00 AM – 12:00 PM	Women's Group
11:00 AM – 12:30 PM	Anxiety Management
2:00 PM – 4:00 PM	Anxiety and Depression Group
3:30 PM – 4:30 PM	Managing Anxiety and Stress
6:00 PM – 8:00 PM	Self-Care Group
6:00 PM – 8:00 PM	Men's Group
WEDNESDAY	
10:00 AM – 11:30 AM	Depression Group
10:00 AM – 12:00 PM	Anxiety Group
10:00 AM – 12:00 PM	Coping and Wellness Group
1:00 PM – 2:30 PM	Anxiety and Stress Management
5:00 PM – 6:00 PM	Anxiety and Depression Group
6:00 PM – 7:30 PM	Women's Group
6:00 PM – 7:30 PM	Coping and Wellness Group
6:30 PM – 8:30 PM	Anxiety and Depression Group
7:30 PM – 9:00 PM	Anxiety and Depression Bi-Weekly
THURSDAY	
1:00 PM – 3:00 PM	Anxiety and Depression Group
2:00 PM – 3:30 PM	Depression Group
6:00 PM – 8:00 PM	Men's Group
6:30 PM – 8:30 PM	Anxiety and Depression Group
7:00 PM – 8:00 PM	Anxiety and Depression Bi-Weekly
7:00 PM – 9:00 PM	Coping and Wellness Group
7:00 PM – 9:00 PM	Coping and Wellness Group
7:30 PM – 8:30 PM	Coping and Wellness Group
FRIDAY	
1:00 PM – 3:00 PM	Anxiety Group

Please note that regular and ongoing support groups may have a waitlist.

Social Recreation/Wellness Groups

MONDAY - FRIDAY	
9:45 AM – 11:15 AM	New Leaf (Morning Group)
12:30 PM – 2:00 PM	New Leaf (Afternoon Group)
MONDAY	
12:00 PM – 1:00 PM	Life Skills Group
3:30 PM – 4:30 PM	Afternoon Wellness (Cozy Corner)
7:00 PM – 8:00 PM	Classic Games
8:00 PM – 9:00 PM	Variety Games
TUESDAY	
10:00 AM – 11:00 AM	Building Blocks Group (Support for Mothers)
WEDNESDAY	
2:00 PM – 4:00 PM	Social Wellness Group Bi-weekly
THURSDAY	
1:00 PM – 2:00 PM	Bingo
2:00 PM – 3:00 PM	Euchre
3:00 PM – 4:00 PM	Dominoes
FRIDAY	
9:30 AM – 11:00 AM	Morning Wellness (Cozy Corner)

Bipolar Groups

MONDAY	
7:30 PM – 9:00PM	Bipolar Group
TUESDAY	
1:00 PM – 2:30PM	Bipolar Group
WEDNESDAY	
7:00 PM – 9:00PM	Bipolar Group
THURSDAY	
6:15 PM – 7:15PM	Bipolar Group

Chronic Pain Groups

MONDAY	
10:30 AM – 12:00 PM	Morning Wellness Pain Support
WEDNESDAY	
6:30 PM – 8:00 PM	Women's Wind Down / Sleep Hygiene Pain Support
FRIDAY	
12:00 PM – 2:00 PM	Check-in / Informational Pain Support

Bereavement Group

WEDNESDAY	
7:30 PM – 9:00 PM	Bereavement Group

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