



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

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

- **Women's Wellness Circle**  
**(February 23rd – March 30th, every Thursday from 2:00-3:30pm)**

Women's Wellness Circle with Jothi of Jothi Creative Wellness. For 6 weeks online you will take time for self-care, healing, and wellness while Jothi takes you on an explorative journey towards a deepened connection to self through somatic movement, breathwork, meditation, journaling, creative process, and sharing. You will feel a sense of belonging, and leave with tools to better understand yourself as well as improved coping strategies for life's adversities. Join us!

- **Emotional and Self-Regulation Workshop**  
**(February 2nd – February 23rd, every Thursday from 11:00am-12:00pm)**

Join Mental Health Educator, Valery Brosseau, in this 4-week online workshop as she explains the history and the basics of DBT (Dialectical Behavior Therapy), how to self-soothe using distress tolerance skills, and learn about emotional regulation and the importance of boundaries to improve communication.

## **UPCOMING WORKSHOP (IN-PERSON)**

### **Journalling Workshop In Partnership with Oshawa Libraries (March 13th – April 10th, every Monday from 6:00pm-7:30pm)**

This workshop will be held in the Mclaughlin Library, located at 65 Bagot St in Oshawa. Registration opens February 17. Register through the Oshawa Public Libraries website ([www.oshawalibrary.ca](http://www.oshawalibrary.ca)) under 'Programs.'

Based on research in positive psychology, journalling can be a great way to express yourself and develop your voice. Through a series of journalling exercises, we will explore self-understanding and personal empowerment to create meaningful growth and improve your mental health.

## **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!