

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 meet online 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)

- **Love Languages (February 6)**
Experiencing some form of love can have significant health benefits. Experiencing love can help reduce symptoms of stress, anxiety, and depression. Love can also help to lower blood pressure and even give the immune system a boost. Join us to learn more about Love and its benefits.
- **The Value of Self-Love (February 13)**
Self-Love is the regard for one's own well-being and happiness and is chiefly considered to be a desirable rather than a narcissistic characteristic. It is the belief you hold that you are a valuable and worthy person!
- **CLOSED for Family Day (February 20)**
- **What are Emotions (February 27)**
Emotions are reactions we experience in response to events or situations. The type of emotion a person experiences is determined by the circumstance that triggers the emotion. Emotions have a strong influence on our daily lives, affecting the decisions we make and affecting the activities and hobbies we choose to pursue. Understanding emotions can help us navigate life with greater ease and stability.
- **Bottling Up Negative Emotions (March 6)**
Bottling up your emotions means suppressing your innermost feelings, and avoiding expressing what you really feel. A lot of us bottle up our emotions and pretend they do not exist because we have grown up thinking it is not normal to express problematic feelings like anger. Join us to learn why we should not bottle up these negative emotions.