

## COPE MENTAL HEALTH LET'S TALK ABOUT EVENTS

Let's Talk About events host a variety of different speakers from all corners of the community, each bringing new learning experiences and engaging topics for discussion. Let's Talk About events are open to everyone! Whether you are a member of COPE, staff at a community agency, or a member of the general community, everyone is welcome to register.

**To register for Let's Talk About events, please visit:**

<https://www.communitycaredurham.on.ca/cope-lets-talk-about-registration/>

(Once registered, you will receive an email with the Zoom link one week before the event and again on the day of the event.)

### **UPCOMING LET'S TALK ABOUT EVENTS (VIRTUAL)**

- **Let's Talk About: Love!**  
**(Tuesday, February 14 from 6:30PM-8:00PM)**

Love is an integral part of life and a defining factor of our own mental, physical, and spiritual health. Join Rose Birt of COPE Mental Health on this National Day of Love to talk about how we can understand, harness, and experience this powerful energy to create greater connections with ourselves and others. We will end the evening with a guided, loving-kindness meditation.

- **Let's Talk About: Behaviour Management Supports for Youth**  
**(Tuesday, February 28 from 6:00PM-8:00PM)**

COPE is excited to welcome Steve Lister, Mental Health Educator, to talk with us about how to help support and manage difficult and destructive behaviours that challenge youth and their families. We will learn about risk factors and protective factors of various environments, calming and de-escalation techniques, and what to do in crisis situations.

**Let's Talk About Series: Mindfulness Meditation for the New Year**

**January, February, and March 2023**  
**Mondays from 11:00AM-12:00PM**

Start the new year by learning how mindfulness and meditation can help us improve our mindset and experience more relaxation, clarity, and balance in our day to day lives. In this new 12-week series, COPE welcomes Life Coach, Samantha Reaman, as she gives us some practical tools to improve our meditation experiences and guides us on how to invite more mindfulness into our day. Each hour-long session will include meditation/mindfulness tips, a guided meditation session and Q/A about how to improve your own meditation practice.

Registration is now open for February and March!

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