

## 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)**

- **Self Care Workshop**  
**(March 2nd – March 23rd, every Thursday from 12:00pm-1:00pm)**  
There is often a stigma toward practicing self-care, but we all need it! Whether it's going to bed early or saying "no" when you need to, practicing self-care does wonders for your mental and physical well-being. In this workshop, we will discuss the importance of self-care and ways we can practice it in our daily lives as we work toward preventing burnout and manage day-to-day stress. With self-care tips, exercises, and group discussions, we hope this workshop will help guide you toward treating yourself with the care that you deserve.
- **Emotional and Self-Regulation Workshop**  
**(March 7th – March 28th, every Tuesday from 5:30pm-6:30pm)**  
Join Mental Health Educator, Valery Brosseau, in this 4-week workshop as she explains the history and basics of Dialectical Behavior Therapy (DBT), how to self-soothe using distress tolerance skills, and learn about emotional regulation and the importance of boundaries to improve communication.
- **Grief and Loss Workshop**  
**(March 7th – March 28th, every Tuesday from 7:00pm-9:00pm)**  
During our life, we experience countless changes and significant feelings of grief and loss. COPE welcomes back Cheryl Parker, of My Good Grief, to lead a 4-week workshop on coping through loss. In these 2-hour sessions, Cheryl will explain different types

of loss, stigma around grief, and how to identify patterns, beliefs, and emotions that can keep us stuck in these difficult phases of life. A workbook is included.

## **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!