

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)

- **Bottling up Negative Emotions (March 6)**

Bottling up your emotions means suppressing your innermost feelings, leading you to avoid venting what you really feel. A lot of us bottle up our emotions and pretend they don't exist, because we have grown up thinking it's not normal to express problematic feelings, like anger. Join us to learn why we should not bottle up these negative emotions.

- **Creating Good Habits that Support our Mental Health (March 13)**

Want to start new healthy habits for mental health? To stay fit and healthy, it's important to take care of your mental health as well as your physical health. There are little things you can do each day that all contribute to your mental wellness. Join us to learn what these good habits are and how we can utilize them for our well-being.

- **Introversion: The Benefits & Challenges of Being an Introvert (March 20)**

Introversion is a personality trait characterized by a focus on internal feelings rather than on external sources of stimulation. While introverts make up an estimated 25% to 40% of the population, there are still many misconceptions about this personality type. Famous introverts include Barack Obama, J.K Rowling and Bill Gates. Are you born introverted or is it something you become over time? Join us to discuss!

- **What is Anxiety? (March 27)**

It is the flight in our primal instinct of fight or flight when danger is present. Anxiety can be useful for us to avoid dangerous situations, but in a modern world where we

are faced with less danger physical danger, daily anxiety can become overwhelming and debilitating. Join us to discuss Generalized Anxiety Disorder, Obsessive-Compulsive Disorder (OCD), treatment for OCD, Social Anxiety; treatment for Social Anxiety, and coping methods.