

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: Perfectionism
(Wednesday, March 8 from 12:00PM-1:00PM)**

Nobody is perfect – so why do we feel bad about ourselves when we make mistakes? Perfectionism often makes us set unrealistic goals for ourselves which only adds more stress, burnout, or disappointment when we're not able to meet those expectations. In this 1-hour workshop, we will be looking at perfectionism from different perspectives and examining ways we can allow ourselves to be imperfect. We will provide tips for setting realistic expectations and avoiding placing that pressure on ourselves and others.

- **Let's Talk About: Managing Stress and Burnout
(Tuesday, March 21 from 6:30PM-8:00PM)**

COPE Welcomes Life Coach Samantha Reaman to talk about avoiding burnout, stress management, and what to do when experiencing burnout. We will explore what burnout is and the common signs to look out for. We will discuss tips for preventing burnout, including practicing self-care, setting boundaries, and finding a healthy work-life balance. Additionally, we will cover ways to manage stress in the moment, such as mindfulness and deep breathing exercises, as well as seeking support from friends,



family, or a mental health professional. Finally, Samantha will emphasize the importance of recognizing and addressing burnout before it becomes a more serious issue, and encourage attendees to prioritize their own well-being to maintain a fulfilling and sustainable work-life balance.

- **Let's Talk About Series: Breaking the Cycle from Within – Understanding Ourselves through Resiliency and Recovery**
 - **Part 1: Core beliefs, self-worth, self-love; where negative beliefs come from and how they are learnt.**
Wednesday, March 15 from 12:00PM-1:00PM
 - **Part 2: Leading self; boundaries, fears, and betrayal of self.**
Wednesday, March 22 from 12:00PM-1:00PM
 - **Part 3: Trauma and the brain/body, Adverse Childhood Events (ACEs) and childhood development.**
Wednesday, March 29 from 12:00PM-1:00PM

COPE welcomes Mental Health Educator Laura Burch for a 3-part series on how we can break a toxic cycle from within. When we understand ourselves, we can start to learn how to break the cycle of toxicity in relationships, self-talk, and our beliefs. We can move out of responding from fear, and move closer to our desires. Through self-love and understanding of our own worth, we can meet ourselves with compassion. The road to happiness is in moving forward and learning to be in the present with what we know now. From a cognitive behavioural perspective, we will look at core beliefs with an understanding of how they are developed, and how to recognize and change them to a more positive perspective. We will talk about boundaries, fear-based thinking, and the ways we betray ourselves. We will move to understand how we are affected by trauma and how development in childhood affects adulthood. Through a greater understanding of yourself, you can increase your happiness.

- **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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