



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@communitycauredurham.on.ca

These 1-hour 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)

- **Controlling Impulsive Decisions (June 5)**

Impulsivity is defined in three different ways according to psychopathology: Fast reaction without thinking and conscious judgment; Acting without enough thinking; A tendency to act with less thinking compared to others who have similar levels of knowledge and ability. Impulsivity is considered as an immediate reaction to stimuli, an unplanned reaction on the spur of the moment or with no regard for its consequences. Join us to learn more about impulsive behaviour.

- **Rewiring your Mind: Positive Self Talk and Overcoming Cognitive Distortions (June 12)**

Our thoughts and beliefs shape our reality, but sometimes they can be distorted and negative, leading to anxiety, low self-esteem, and depression. This workshop will teach you how to recognize and challenge negative self-talk and cognitive distortions and replace them with positive affirmations and empowering beliefs. By the end of this workshop, you'll have practical tools to develop a more positive inner dialogue and improve your mental health and well-being.

- **The Relationship Between Dreams and Mental Health (June 19)**

Whether pleasant or frightening, dreams can affect our mental health or reflect our current mental state. Join us to explore the connection between dreams and mental health, including theories for why we dream and the role of dreaming in mental health conditions.

- **Emotional and Psychological Self Care (June 26)**

Psychological self-care focuses on personal development including learning, thinking, and growing. Emotional self-care focuses on taking care of your feelings. Psychological & emotional self-care can be ANYTHING that takes care of your mind and emotions. Join us to discuss how we can take care of our minds and emotions.