

COPE MENTAL HEALTH OUTDOOR SUMMER GROUPS

COPE's summer outdoor wellness groups are an excellent way to take advantage of the pleasant weather and boost your social wellness. Outdoor activities also raise levels of vitamin D (which helps to boost our immune system), increase physical fitness, and can lessen the symptoms of anxiety and depression. Join us at our outdoor groups this summer as we enjoy the benefits of nature together! Exact locations of activities will be sent to registered participants.

To register for outdoor groups, please email COPE at:
cope@communitycaredurham.on.ca

(If you are not a member of the COPE program, please include your full name and phone number in your email. COPE will contact you to complete registration.)

- **Art in the Park**

Location: Oshawa

(June 13 – August 29, every Tuesday from 11:00am-12:30pm)

Expressing ourselves through art is therapeutic and calming. It allows our minds to focus on the image at hand, and nothing else. This welcome distraction relieves stress on the mind and, in turn, relaxes the body. We are combining this creative outlet with the beautiful surroundings of nature to maximize relaxation and inspiration.

- **Nature Wellness Walk**

Location: Oshawa & Whitby

(June 14 – August 30, every Wednesday from 11:00am-12:00pm)

Nature has benefits for both psychological and physical well-being. You can boost your mood, reduce stress, ease mental health symptoms, and reap the physical benefits of exercise by walking in nature, even in urban nature. Join us this summer for a peaceful, social walk in a nature setting.



- **Nature and Wellness Community Meditation Series**

Location: Oshawa

(June 14 – August 30, every Wednesday from 12:15pm-1:00pm)

We are taking our meditations outdoors! Join COPE staff member Rose Birt to continue our community meditation series and enjoy the benefits of mindfulness in a nature setting. You are welcome to bring your own yoga mat, blanket, or chair; or reach out to COPE staff if you need one provided.

- **Wellness by the Water**

Location: Port Perry & Uxbridge

(July 20 – August 24, every Thursday from 10:00am-11:00am)

Join us for a peaceful walk along waterfront trails in Port Perry and Uxbridge. Wellness by the Water provides an environment to be inspired, reflect, and heal. Studies reveal that proximity to water has a psychologically restorative effect on our health, body, and mind. Being near the water reduces stress, promotes relaxation and tranquility, and provides a soothing sensory experience. Activities such as mindfulness, nature art, and scavenger hunts will also be included.