

## 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.)

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### **UPCOMING LET'S TALK ABOUT EVENTS (VIRTUAL)**

- **Let's Talk About: Nature and Wellness  
(Wednesday, June 7 from 12:00PM-1:00PM)**

Join COPE staff online as we kick off our Summer Outdoor Wellness groups and talk about the amazing benefits that nature and the outdoors have on our mental, emotional, and physical health. We want to encourage, inspire, and invite you to join us this Summer with our outdoor programming or help you find small ways to enjoy the nature around you that is comfortable and accessible.

- **Let's Talk About: PRIDE and Joy  
(Thursday, June 22 from 12:00PM-1:00PM)**

Join COPE staff members Rose Birt and Deanna Marshall online for a discussion and celebration of the importance of acceptance, inclusion, and freedom to be your true, authentic self. We will talk about how we can best support our friends, families, and allies of the 2SLGBTQIA+ community and invite the feelings of PRIDE and Joy to flow through your own unique qualities that make you special. Pride is for everyone!