

## COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

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](mailto:cope@communitycaredurham.on.ca)

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### **UPCOMING WORKSHOPS (VIRTUAL)**

- **Coping with Loss**  
**(June 13 – August 29, every Tuesday from 6:30pm-8:30pm)**

Experiencing loss can happen with any sudden or major change in our lives. Losing a job, physical abilities, relationship, or important person can bring feelings of grief and impact depression, anxiety, or stress conditions. We want you to know that you are not alone. COPE's new Coping with Loss group is a unique 12-week support experience where we will explore the different types of loss, stages of grief and mourning, self-care, grief myths, boundaries and more. COPE staff will reach out to interested members to confirm registration, as space is limited.

- **Assertiveness Workshop**  
**(July 6 – July 27, every Thursday from 12:00pm-1:00pm)**

Learning to communicate effectively can offer many benefits in our life, such as improving our relationships, and expanding our personal growth and self-awareness. In this workshop, we will learn about different communication styles and how practicing assertiveness can enable us to express our thoughts and emotions more clearly, leading to a deeper understanding of ourselves and enriching our mental health recovery.

## **SPECIALIZED GROUPS (VIRTUAL)**

- **Evening Social Recreation Group: Board Games (Ongoing, every Monday 7-9pm)**

Join us online for fun, laughter, and relaxation while playing board games online! Play classic board games (7-8PM) and a variety of new board games (8-9PM). Connecting with others can help to reduce stress, depression, and anxiety.

- **Afternoon Social Recreation Group: Cards & Games (Ongoing, every Thursday from 1pm-4pm)**

Join us online for fun, laughter, and relaxation while playing Bingo (1pm), Euchre (2pm) and Dominoes (3pm). Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!

- **Morning Wellness Group – “Cozy Corner” (Ongoing, every Friday from 9:30am-11am)**

Join us online in this social group to connect with other community members and discuss various wellness topics. This is a group for fun and light conversations!

- **\*NEW\* Senior Support Group (Ages 60+) (Ongoing, every Thursday from 10:00am-11:30am)**

This support group addresses the many challenges that come with adjusting to the unique life stages and changes that come with aging. Effective social and emotional support can make a positive difference in overall health and wellness and can also improve feelings of isolation or loneliness. Alternates in-person (Whitby) and online meetings.

- **\*NEW\* R.I.S.E. Mental Health Support for Early Adulthood (Ages 16–26) (Ongoing, every Thursday from 6:00pm-8:00pm)**

Resilience, Inspiration, Support, and Empowerment (R.I.S.E.). Early adulthood is a challenging time of self-discovery in a world that is changing every day. Whether you are still in school, employed, or needing a break from both, this group offers an inclusive space to discuss challenges with others who are experiencing social and/or mental health challenges. Healthy conversations and informative topics will be led by



**Community Care Durham**

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

June 2023

Mental Health First Aid certified group facilitators to encourage a secure space for members to connect, learn, and grow together. Join us online for mental and emotional support, and the exploration of strengths, solutions, and values, to help you move forward on whatever path you are on.

For R.I.S.E. registration, visit:

<https://www.communitycaredurham.on.ca/services/cope/rise/>

**Phone: 905-668-6223**

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