

## 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 (toll-free)**.

For existing COPE members: to register or receive more information, please contact COPE at [cope@communitycauredurham.on.ca](mailto:cope@communitycauredurham.on.ca)

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These 1-hour life skills groups are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being. Both Monday and Wednesday groups meet online via zoom.

### **Mondays from 12:00pm-1:00pm – Upcoming Topics:**

- **Occupational Therapy (October 2)**

Journey with us as we explore the profound impact of this dynamic field, empowering individuals to overcome challenges, regain independence, and lead fulfilling lives. Discover the core principles of Occupational Therapy, its diverse applications, and the wide-ranging benefits it offers across different age groups and conditions. Learn how skilled therapists use personalized assessments and interventions to address physical, emotional, cognitive, and sensory challenges, fostering holistic well-being.

- **CLOSED Thanksgiving Holiday (October 9)**

- **Emotional Intelligence: Unveiling the Power of Identifying Our Emotions (October 16)**

Emotions play a profound role in shaping our thoughts, behaviors, and overall well-being. But how well do we truly understand and identify our emotions? Join us for an insightful presentation on the art of emotional intelligence and the transformative impact it can have on our lives.

- **Embracing Freedom: The Path to Radical Acceptance (October 23)**

Radical acceptance is a powerful practice that allows us to embrace life as it is, free from judgment and resistance. In this enlightening talk, we'll explore the profound impact of accepting reality as it unfolds, even when it's not what we hoped for or expected.

- **Behavioural Activation (October 30)**

Our thoughts, emotions, and behaviours are connected in a way that influences and affects each other, especially when we have low moods. But how can we change our mood in a way that can benefit us? Join us as we explore how Behavioural Activation can help us to enhance our moods, by understanding the relationship between our thoughts, emotions, and behaviours, more commonly known as Cognitive Behavioural Therapy's Model of Emotions!

### **Wednesdays from 6:30pm-7:30pm – Upcoming Topics:**

- **Gratitude Journaling (October 4)**

Discover the transformative practice of gratitude journaling and embark on a journey towards a more joyful life. Learn practical techniques to incorporate gratitude journaling into your daily routine, allowing you to shift your focus toward the blessings and abundance in your life. Explore the science-backed research that highlights the profound effects of gratitude on mental health, resilience, and overall happiness. Join us for an enlightening presentation as we explore the remarkable benefits of gratitude and how it can positively impact our well-being.

- **Understanding Dyslexia (October 11)**

We will explore the science behind dyslexia, debunk myths, and highlight the diverse strengths of individuals with dyslexia. Gain a deeper understanding of the challenges they may face in reading, writing, and spelling, and how targeted interventions and support can make a significant impact on their educational journey.

- **Beyond What Meets the Eye: Understanding Invisible Disabilities (October 18)**

Invisible disabilities are often overlooked, misunderstood, and underestimated. We will explore the world of invisible disabilities, encompassing conditions such as chronic pain, mental health disorders, autoimmune diseases, and cognitive impairments. We'll delve into the barriers and misconceptions surrounding invisible disabilities and discuss how they can significantly impact one's daily life, relationships, and overall well-being. Understanding the hidden challenges that individuals face can help dismantle stigmas and foster a more compassionate and supportive environment.



- **Shining Light on Seasonal Affective Disorder (October 25)**

As the days grow shorter and darker, some individuals experience more than just a case of the winter blues. Join us for an illuminating presentation on Seasonal Affective Disorder (SAD), a prevalent yet often misunderstood condition that affects many during the colder months.