



COPE MENTAL HEALTH OUTDOOR SUMMER GROUPS

These 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 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.)

- **Wellness by the Water**

Location: Port Perry

(October 5 – October 26, every Thursday from 10:00am-11:00am)

Join us for a peaceful walk along waterfront trails in Port Perry. 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.