

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 held online and 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.)

UPCOMING LET'S TALK ABOUT EVENTS (VIRTUAL)

- **Let's Talk About: Building Resilience
(Tuesday, September 26 from 6:30PM-8:00PM)**

Life can be hard for all of us, and over time, can wear us down. Fortunately, we all have an in-born capacity to bounce back from life's pressures and problems – the capacity of resilience. Join David Clarke, Organizational Development Trainer with Lakeridge Health, in this informative discussion that presents tools and strategies that can help you sharpen your ability to bounce back when life is tough.

- **Let's Talk About: Community Meditation Series (October)
(Wednesdays, October 4, 11, 18, and 25 from 10:30AM-11:30AM)**

Join COPE Mental Health in this Community Meditation series to learn about how to meditate in ways that work for you and your mental health! Each session will have tips on how to improve your meditation, approach common obstacles, and explore mindfulness techniques that deepen our meditation experiences and encourage psychological flexibility. We will then practice a guided meditation to start your week off right. Build upon your existing practice – or let us help you create a more consistent one – by joining us each week.

- **Let's Talk About: World Mental Health Day
(Tuesday, October 10 from 11:00AM-12:00PM)**

Join COPE Staff as we celebrate World Mental Health Day 2023. Mental Health Day is an opportunity for people and communities to unite behind the theme "Mental health is a universal human right" to improve knowledge, raise awareness, and talk about positive actions we can take that promote and protect everyone's mental health as a universal human right.

- **Let's Talk About: Housing Support, Youth Services, and Counselling
(Wednesday, October 18 from 12:00PM-1:00PM)**

Gender-based violence affects everyone, and everyone can be part of the solution. COPE welcomes the team from Bethesda House to talk about the counselling and transitional housing services they provide, and to learn about their new youth support initiatives like "Finding Your Voice" and "Guys for Change."

- **Let's Talk About: Boundaries
(Monday, October 30 from 2:00PM-3:00PM)**

In a world where personal and professional interactions have become increasingly complex, understanding and setting boundaries is essential for maintaining healthy relationships and well-being. Join us for an enlightening presentation on boundaries, where we will explore the art of striking a balance between assertiveness and empathy. Learn how to establish clear boundaries that not only protect your time and energy, but also foster trust and respect in your personal and professional life.

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