

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** (toll-free).

For existing COPE members: to register or receive more information, please contact COPE at cope@communitycaredurham.on.ca

UPCOMING WORKSHOPS (VIRTUAL)

- **Roadmap to Resilience Workshop**
(October 16 – December 4, every Monday from 6:30pm-8:30pm)

Embark on a journey of self-discovery, acceptance, and empowerment as we explore what it means to be resilient, even in the face of life's uncertainties. This 8-week workshop will help you uncover the strengths within you to navigate challenges with more awareness, self-compassion, and resilience. Strengths and values assessments are required to be completed to participate in this workshop.

SPECIALIZED GROUPS

- **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.

- ***NEW* Afternoon Social Recreation Group**
(Ongoing, every Tuesday from 1-3pm)

Join us in-person in Oshawa for this new Social Recreation Group to connect with community members and explore various wellness activities!

- **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.

- **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 Codename (3pm). Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!

- **Building Blocks – Support for Moms with Young Children**
(Ongoing, every Thursday from 1:00pm-2:00pm)

This online group is for mothers with young children who are having difficulty adjusting to life with a new baby, toddler, or those who need support with parenting challenges. Come together to discuss experiences, fears, joys, and the effects of motherhood in a safe, non-judgmental environment. The goal of this group is to establish healthy and realistic conversations about motherhood, while sharing various resources, coping strategies, and psychoeducation to improve mental health and well-being.

- **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 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/>



- **Virtual Paint Night**
(October 13 – November 3, every Friday from 6:20pm – 8:00pm)

In this supportive and welcoming community, we embrace the benefits of art to help individuals navigate their mental health journeys and well-being. Whether you're an experienced artist or a complete beginner, our group provides a safe space for you to explore your emotions, share your stories, and connect with others. We'll embark on a journey of self-discovery, resilience, and growth. Come paint and create with us, and let art be your bridge to better mental well-being.

- **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!