

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)

- **Understanding Trauma Workshop
(November 9 – November 30, every Thursday from 1:00pm-2:30pm)**

What is trauma, and how can it affect our lives? Join us online to learn about trauma and its key elements: trauma types, symptoms, neurobiology and the brain, and treatment options. We will also explore post-traumatic growth and strategies that can help us better understand and focus on the strengths that guide us through our most challenging experiences. Please note: This workshop is educational only and is not a substitute for trauma therapy/treatment. COPE will provide resources for comprehensive trauma support to participants interested in working through personal trauma experiences.

- **Boundaries Workshop
(November 13 – December 4, every Monday from 2:30pm-4:00pm)**

Boundaries are the foundation for building a relationship with others and protecting the one we have with ourselves. If you have a difficult time saying “no” to others or struggle with putting your own well-being first, join us for this 4-week online workshop and learn how to define, set, and respect boundaries.

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.

- **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!

- **Building Blocks – Support for Moms with Young Children (Ongoing, every Wednesday from 6:30pm-7:30pm)**

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.

- **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!

- **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/>

- **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!