

COPE Regular and Ongoing Support Groups

The COPE Mental Health Program offers a variety of free, community-based support groups. Most groups are held online and limited in-person group options are available.

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)**

Anxiety and Depression Groups

MONDAY	
11:00 AM – 1:00 PM	Morning Women’s Anxiety and Depression Group
12:00 PM – 1:30 PM	Afternoon Anxiety and Depression Group
1:30 PM – 3:00 PM	Afternoon Men’s Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Women’s Anxiety and Depression Group
TUESDAY	
10:00 AM – 12:00 AM	Morning Women’s Anxiety and Depression Group
10:00 AM – 12:00 PM	Morning Women’s Anxiety and Depression Group
11:00 AM – 12:30 PM	Morning Anxiety Group
2:00 PM – 4:00 PM	Afternoon Anxiety and Depression Group
3:00 PM – 4:30 PM	Afternoon Anxiety Group
6:00 PM – 8:00 PM	Evening Men’s Anxiety and Depression Group
WEDNESDAY	
10:00 AM – 11:30 AM	Morning Depression Group
10:00 AM – 12:00 PM	Morning Anxiety and Depression Group
10:00 AM – 12:00 PM	Morning Anxiety Group
1:00 PM – 3:00 PM	Afternoon Anxiety Group
5:00 PM – 6:00 PM	Evening Anxiety and Depression Group
6:00 PM – 7:30 PM	Evening Women’s Anxiety and Depression Group
6:00 PM – 8:00 PM	Evening Women’s Anxiety and Depression Group
6:30 PM – 8:30 PM	Evening Anxiety and Depression Group
7:30 PM – 9:00 PM	Evening Anxiety and Depression Group Bi-Weekly
THURSDAY	
1:00 PM – 2:00 PM	Afternoon Anxiety and Depression Group
1:00 PM – 3:00 PM	Afternoon Anxiety and Depression Group
4:00 PM – 6:00 PM	Evening Men’s Anxiety and Depression Group
6:30 PM – 8:30 PM	Evening Anxiety and Depression Group
7:00 PM – 8:30 PM	Evening Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Anxiety and Depression Group
7:30 PM – 8:30 PM	Evening Anxiety and Depression Group
FRIDAY	
1:00 PM – 3:00 PM	Afternoon Anxiety Group

Please note: Regular and ongoing support groups may have a waitlist. This list is for informational purposes only. Group selection will be determined in collaboration with COPE staff at time of Assessment.

Social Recreation/Wellness Groups

MONDAY	
12:00 PM – 1:00 PM	Life Skills Group
7:00 PM – 8:00 PM	Games Group – Classic Games (7pm), Variety Games (8pm)
TUESDAY	
1:00 PM – 3:00 PM	Social Recreation Group
WEDNESDAY	
2:00 PM – 4:00 PM	Social Wellness Group
6:30 PM – 7:30 PM	Life Skills Group
THURSDAY	
1:00 PM – 4:00 PM	Games Group – Bingo (1pm), Euchre (2pm), Codenames (3pm)
FRIDAY	
9:30 AM – 11:00 AM	Morning Wellness Group

Bipolar Groups

MONDAY	
7:30 PM – 9:00 PM	Evening Bipolar Group
WEDNESDAY	
1:00 PM – 2:30 PM	Afternoon Bipolar Group
7:00 PM – 9:00 PM	Evening Bipolar Group
THURSDAY	
6:00 PM – 7:30 PM	Evening Bipolar Group

Chronic Pain Groups

MONDAY	
10:30 AM – 12:30 PM	Morning Wellness Pain Support
WEDNESDAY	
6:30 PM – 8:30 PM	Women's Wind Down / Sleep Hygiene Pain Support
FRIDAY	
12:00 PM – 2:00 PM	Check-in / Informational Pain Support

Other Specialized Groups

WEDNESDAY	
6:30 PM – 7:30 PM	Building Blocks – Support for Moms with Young Children
7:30 PM – 9:30 PM	Bereavement Group
THURSDAY	
10:00 AM – 11:30 AM	Senior Support Group (60+)
6:00 PM – 8:00 PM	R.I.S.E. Mental Health Support for Early Adulthood (Ages 16-26)

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