

## 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.)

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### **UPCOMING LET'S TALK ABOUT EVENTS (VIRTUAL)**

- **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.

- **Let's Talk About: Community Meditation Series (November-December)  
(Tuesdays, from November 7 – December 12, from 12:00PM-1:00PM)**

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: Exercise and Falls Prevention  
(Wednesday, November 8 from 12:00PM-1:00PM)**

Join Lee Marrison, Supervisor of Exercise and Falls Prevention, to talk about the benefits and impact of exercise on health, independence with age, and prevention of falls. This talk will extend into the topics of Canadian exercise guidelines, common fall risks, as well as environmental risk factors both inside your living area and within your community.

- **Let's Talk About: Ontario Structured Psychotherapy Program  
(Wednesday, November 22 from 12:00PM-1:00PM)**

In Ontario, adults with depression and anxiety-related conditions can access publicly-funded, evidence-based, cognitive-behavioural therapy (CBT) and related approaches to help manage and improve their mental health. COPE welcomes Lindsay Slater, from Ontario Shores, to discuss the expanded CBT program that treats conditions like Depression, Anxiety, PTSD, Health Anxiety and more.

- **Let's Talk About: COPEing Over the Holidays  
(Tuesday, December 19 from 1:00PM-2:30PM)**

Join the COPE team on Zoom where we will discuss various ways to cope with difficult emotions over the holidays. We will also bring a lighter side to the holiday season by playing festive games. Join us to kick off the holiday season with some helpful strategies, togetherness, and fun!

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