

COPE MENTAL HEALTH LIFE SKILLS GROUP

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

These 1-hour life skills groups are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being. Both Monday and Wednesday groups meet online via zoom.

Mondays from 12:00pm-1:00pm – Upcoming Topics:

- **Navigating the Window of Tolerance: Embracing Emotional Resilience (November 6)**

Have you ever felt overwhelmed by your emotions, unable to find a balance between feeling too much or shutting down completely? Join us for a thought-provoking presentation on the concept of the "Window of Tolerance" – a key element in understanding and managing our emotional states effectively.

- **The Power of Compassionate Communication: Building Deeper Connections (November 13)**

In a world where communication is often hurried and impersonal, the art of compassionate communication shines as a beacon of understanding and connection. Join us for a captivating presentation that explores the profound impact of compassionate communication on our relationships, personal growth, and the world around us.

- **Understanding and Building Motivation (November 20)**

In this engaging session, we will delve deep into the psychology of motivation, unravelling the mysteries behind what makes us tick and what drives us to succeed. You'll gain valuable insights into the different types of motivation, including intrinsic and extrinsic factors, and learn how to harness their power to fuel your personal and professional growth.

- **The Sleep Revolution: Mastering the Art of Sleep Hygiene (November 27)**

Sleep is the cornerstone of our physical and mental well-being, yet many of us struggle to achieve quality rest. Our presentation goes beyond just understanding the importance of sleep. We'll explore the vital role sleep plays in our lives, from enhancing cognitive function and boosting productivity to supporting emotional resilience and overall health. We will equip you with practical, evidence-based tips and techniques to transform your sleep routine.

- **Identifying and Developing Your Character Strengths: A Guide to Self-Improvement (December 4)**

Journey with us as we explore one of the features that makes you unique! Learn about the groundbreaking, research-based universal language of character strengths that make up the best parts of your personality. We will dive into the 24 strengths profiles, each divided into 6 broad categories: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. Join us and learn how to develop, foster, build, and maintain your character strengths!

- **Ascending the Pyramid: Exploring Maslow's Hierarchy of Needs (December 11)**

Maslow's Hierarchy of Needs, a timeless framework in psychology, serves as a roadmap for understanding human motivation and well-being. Join us for an enlightening presentation that delves into this influential concept and its relevance in today's world. We'll take a journey through the layers of Maslow's pyramid, from the most basic physiological needs such as food and shelter to the pinnacle of self-actualization and self-transcendence. Understand how these needs interact and shape our behaviours, aspirations, and personal development.

- **Finding Light in the Shadows: Managing Grief During the Holidays (December 18)**

The holiday season, often a time of joy and celebration, can be exceptionally challenging for those who are grieving the loss of a loved one. Join us for a compassionate presentation that provides guidance, support, and coping strategies for navigating grief during this emotionally charged time. We will explore the unique challenges that grieving individuals face during the holidays, from the empty chair at the dinner table to the memories that resurface during festive traditions. Understand how grief can intensify during this season and how to acknowledge and honour your emotions.

- **CLOSED Christmas Holiday (December 25)**

Wednesdays from 6:30pm-7:30pm – Upcoming Topics:

- **Unlocking the Power Within: Exploring the Mind-Body Connection (November 1)**

We delve deep into the intricate and profound relationship between the mind and body. The mind-body connection has fascinated scholars, scientists, and thinkers for centuries, and for good reason. Our mental and physical states are intrinsically intertwined, influencing not only our well-being but also our potential for personal growth and healing.

- **The Gift of Forgiveness (November 8)**

In a world often marked by conflict, hurt, and misunderstanding, there exists a gift of immeasurable value—the gift of forgiveness. Join us for a thought-provoking presentation that delves into the profound impact forgiveness can have on individuals and communities alike.

- **Overcoming the Shadows: Understanding Post-Traumatic Stress Disorder (November 15)**

Post-Traumatic Stress Disorder (PTSD) is a silent battle that affects countless lives, often leaving those who suffer feeling isolated and overwhelmed. In this illuminating presentation, we dive deep into the world of PTSD, shedding light on its causes, symptoms, and, better understanding the path to healing and recovery.

- **Navigating the Depths of Bereavement: Understanding the Journey of Loss (November 22)**

We embark on a heartfelt exploration of the intricate and often tumultuous journey of bereavement. Bereavement is a universal human experience, yet it remains one of the most profound and challenging aspects of life. This presentation seeks to shed light on the multifaceted nature of grief, offering insights, guidance, and empathy for those who have lost a loved one.

- **Nurturing Minds and Hearts: Exploring Mental Health in Relationships (November 29)**

Living with mental health struggles can pose unique challenges, but it doesn't have to overshadow the beauty of meaningful connections. Discover effective strategies for open communication, fostering understanding, and nurturing healthy bonds with loved ones. Join us for an insightful discussion on managing relationships while embracing your mental health journey.

- **Navigating the Storm: Taming the Four Horsemen of Communication (December 6)**

Communication is the lifeblood of our relationships, and when these vital connections are threatened, the consequences can be severe. Join us for an enlightening presentation that explores the four common communication patterns known as the "Four Horsemen" and learn how to rein them in for healthier, more fulfilling interactions.

- **Unveiling the Power of Identifying Our Emotions (December 13)**

Emotions play a profound role in shaping our thoughts, behaviours, and overall well-being. But how well do we truly understand and identify our emotions? Join us for an insightful presentation on the art of emotional intelligence and the transformative impact it can have on our lives.

- **Nurturing Your Spirit: Self-Care Strategies for a Blissful Holiday Season (December 20)**

The holiday season can be a time of joy and connection, but it's also a period of heightened stress and demands. In this empowering session, we'll delve into the importance of self-care and its transformative potential during the holidays. Discover how prioritizing your well-being can not only enhance your own experience but also enrich your ability to be present and connect with loved ones.

- **CLOSED Holiday Schedule (December 27)**