

COPE MENTAL HEALTH 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 please register via our monthly newsletter or contact COPE at cope@communitycaredurham.on.ca.

UPCOMING WORKSHOPS (VIRTUAL)

- **Understanding Trauma Workshop**
(February 6 – February 27, every Tuesday from 6:30pm-8:30pm)

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.

- **Storytelling Workshop**
(February 16 – March 22, every Friday from 11:00am-12:00pm)

Your story is a powerful instrument of change and connection. Join us in an empowering journey of self-discovery as we explore the impact of sharing your narrative. The act of sharing is not just about you—it's about creating a ripple effect of change. As you tell your story, you inspire others to speak their truths, fostering a culture of openness and acceptance. Together, we'll harness the collective power of our storytelling to break down barriers, reduce isolation, and pave the way for a more compassionate approach to healing.

- **Self Compassion Workshop**
(February 29 – March 21, every Thursday from 11:00am-12:00pm)

In this 4-week workshop, we will guide you through a transformative process, providing you with the tools and insights needed to foster a kinder, more compassionate relationship with yourself. Through a combination of interactive exercises, group discussions, and guided reflections, you will embark on a journey of self-exploration, self-kindness, and resilience.

- **Virtual Painting Group**
(February 29 – March 21, every Thursday from 5:00pm-7:00pm)

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.