

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 please register via our monthly newsletter or 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:

- **Intersectionality: Understanding the Complex Web of Identity and Inequality (February 5)**

Join us for an eye-opening presentation on "Intersectionality," a powerful framework that uncovers the intricate layers of identity and how they intersect to shape our societal experiences. In this thought-provoking session, we will delve into intersectionality and its profound implications for social justice, equity, and inclusion.

- **Navigating the Storm: Taming the Four Horsemen of Communication (February 12)**

In a world where change is inevitable, Acceptance and Commitment Therapy (ACT) offers a transformative approach to handling life's challenges. Join us in this presentation as we explore the principles and techniques of ACT, a powerful and evidence-based therapeutic approach that empowers individuals to lead more fulfilling and authentic lives.

- **CLOSED Family Day (February 19)**

- **Mastering Stress: A Roadmap to Resilience and Well-Being (February 26)**

Join us for an informative and empowering presentation on "Stress Management," a critical skill in today's fast-paced world. In this engaging session, we will explore effective strategies and practical techniques to help you understand, cope with, and reduce stress, ultimately leading to a healthier and more balanced life.

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

- **Nourishing the Body and Soul: Exploring Intuitive Eating (February 7)**

Intuitive Eating is a holistic and mindful approach to nutrition that redefines our relationship with food. In this engaging session, we'll dive into the principles of intuitive eating and how it can transform your perception of health, well-being, and body image. Please bring a snack!

- **The Power of Compassionate Communication: Building Deeper Connections (February 14)**

In a world where communication is often hurried and impersonal, 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 (February 21)**

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.

- **Understanding Attachment Styles: Building Stronger Connections (February 28)**

Attachment styles profoundly shape how we form and maintain relationships throughout our lives. Join us for an enlightening presentation that explores the fascinating world of attachment styles and their impact on our interpersonal dynamics. We'll delve into the origins and development of attachment theory, revealing how our early experiences with caregivers lay the foundation for our adult relationships and gain insight into how they influence our behaviours, emotions, and expectations in relationships.