

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.)

UPCOMING LET'S TALK ABOUT EVENTS (VIRTUAL)

- **Let's Talk About: Community Meditation Series (January – February)**
(January 8 – February 26, Mondays from 12:00PM-1:00PM)

COPE invites you to join us as we practice mindfulness and meditation each week. Each session will have tips on how to improve your meditation, approach common obstacles, and explore mindfulness techniques that encourage psychological flexibility. We will practice a guided meditation and/or mindfulness skills that encourage more relaxation, self-compassion, and appreciation!

- **Let's Talk About: Library Community Supports**
(Tuesday, February 6 from 12:00PM-1:00PM)

COPE welcomes Shelby Moffat, Community Engagement Specialist at the Whitby Public Library, to talk about how to connect to services, support, and community through the programs offered for free at the library.

- **Let's Talk About: Love Languages**
(Wednesday, February 14 from 12:00PM-1:00PM)

Join COPE this Valentine's Day to explore the different types of love languages and how they can help you to practice better communication within your relationships. Understanding your own love language also encourages deeper self-connection, self-care, and self-love! Do you know your love language?.

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