

## 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: Community Meditation Series (March – April)  
(March 11 – April 29, Mondays from 3:00PM-4:00PM)**

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: Ontario Health at Home – Self-Management Series  
(Thursday, March 21 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.