

## 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](mailto:cope@communitycaredurham.on.ca).

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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:**

- **Harmony in Healing: The Transformative Power of Music Therapy (March 4)**

Music Therapy is a dynamic and holistic approach that harnesses the incredible potential of music to promote physical, emotional, and mental well-being. In this engaging session, we will explore the profound impact of music on human health and its diverse applications in therapeutic settings.

- **Mastering Stress: A Roadmap to Resilience and Well-Being (March 11)**

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.

- **Procrastination (March 18)**

Are you tired of constantly pushing important tasks to the last minute? Do you find yourself trapped in a cycle of delays and missed opportunities? We will delve into the psychology behind procrastination and explore the reasons why it affects so many of us. Discover the underlying triggers that lead us to procrastinate and learn practical strategies to overcome these challenges.

- **Self-Esteem: Cultivating a Positive Relationship with Yourself (March 25)**

Discover the power of self-esteem in our session focused on cultivating a positive relationship with yourself. We'll explore practical strategies to boost self-worth and nurture a healthier, more fulfilling connection with the most crucial person in your life: you. This presentation will equip you with the knowledge and tools to prioritize your well-being and strengthen your sense of self.

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

- **Navigating the Window of Tolerance: Embracing Emotional Resilience (March 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!

- **Art Therapy Week (March 13)**

Art Therapy is a profound and expressive approach that taps into the creative process to promote healing, self-discovery, and personal growth. In this engaging session, we will explore the therapeutic potential of art and how it can empower individuals to overcome challenges and find their unique voice.

- **CLOSED – CCD Employee Appreciation Day (March 20)**

- **Taking Control: Understanding and Conquering Panic Attacks (March 27)**

Panic attacks can be terrifying and overwhelming, but they are not insurmountable. We'll explore the nature of panic attacks, shedding light on their physical, emotional, and psychological components. Gain a deeper understanding of the triggers and symptoms, as well as the profound impact they can have on individuals and their daily lives.