

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

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### **UPCOMING WORKSHOPS (VIRTUAL)**

- **Assertiveness Workshop**  
**(March 5 – March 26, every Tuesday from 1:00pm-2:30pm)**

Learning to communicate effectively can offer many benefits in our life, such as improving our relationships, and expanding our personal growth and self-awareness. In this 4-week workshop, we will learn about different communication styles and how practicing assertiveness can enable us to express our thoughts and emotions more clearly, leading to a deeper understanding of ourselves and enriching our mental health recovery.

- **Living a Healthy Life with Chronic Pain Workshop**  
**(March 19 – April 23, every Tuesday from 1:00pm-3:30pm)**

This 6-week workshop helps people with chronic pain to better cope with pain symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD.

This workshop is presented in collaboration with Home and Community Care Support Services – Central East as part of their Self-Management Program.

**Register online at:**

<https://www.ceselfmanagement.ca/workshop?id=9014&bypass=1&rt=0>

or call 1-866-971-5545.

- **Roadmap to Resilience Workshop**  
**(March 28 – May 16, every Thursday from 6:30pm-8:30pm)**

Embark on a journey of self-discovery, acceptance, and empowerment as we explore what it means to be resilient, even in the face of life's uncertainties. This 8-week workshop will help you uncover the strengths within you to navigate challenges with more awareness, self-compassion, and resilience. Participants are required to complete strengths and values assessments for this workshop.