



COPE MENTAL HEALTH SELF-DEVELOPMENT SERIES (Formerly Life Skills)

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.

The 1-hour self-development series is focused on providing learning through information sharing and the development and maintenance of 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:

- **Psychosis: Understanding, Compassion, and Recovery (May 6)**

Join us for a compelling presentation delving into psychosis. Psychosis, often misunderstood and stigmatized, encompasses a range of experiences, including hallucinations, delusions, and disorganized thinking. Through this presentation, we aim to foster understanding, empathy, and awareness surrounding psychosis, its potential causes, and its impact on individuals and their loved ones.

- **Unlocking the Power Within: Exploring the Mind-Body Connection (May 13)**

We delve deep into the intricate and profound relationship between the mind and body. The mind-body connection has fascinated scholars, scientists, and thinkers for centuries, and for good reason. Our mental and physical states are intrinsically intertwined, influencing not only our well-being but also our potential for personal growth and healing.

- **CLOSED for Victoria Day Holiday (May 20)**

- **What was Freud's Deal? (May 27)**

Join us for an intriguing presentation on Sigmund Freud and his impact, as we delve into the life and work of this enigmatic figure in the field of psychology. In this engaging session, we will seek to understand the contributions, controversies, and lasting influence of Freud's psychoanalytic theory.

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

- **Unveiling Bipolar Disorder: Understanding and Empowerment (May 1)**

Join us for an insightful presentation shedding light on bipolar disorder, a mental health condition characterized by alternating periods of mania and depression. Through a compassionate exploration of symptoms, diagnosis, and treatment options, this presentation aims to demystify bipolar disorder and reduce stigma surrounding it.

- **Empower Your Wellness: Exploring the Benefits of WRAP (May 8)**

Wellness Recovery Action Plan (WRAP) is a powerful self-help tool that empowers individuals to take charge of their mental health and well-being. Join us for an enlightening presentation that unveils the transformative potential of WRAP in enhancing your life and promoting recovery.

- **Building Strong Foundations: Exploring the Sound Relationship House (May 15)**

Join us for an engaging presentation on the Sound Relationship House, a metaphorical framework developed by renowned relationship experts Dr. John Gottman and Dr. Julie Schwartz Gottman. This presentation will delve into the essential elements that comprise a healthy and thriving relationship, providing participants with practical insights and tools for strengthening their connections with their partners.

- **Using a Calendar for Self-care (May 22)**

Join us for an insightful presentation on harnessing the power of your calendar for self-care! In this engaging session, we'll explore practical strategies for incorporating self-care activities into your daily schedule using a calendar. From setting aside dedicated time for relaxation and mindfulness to scheduling activities that nourish your mind, body, and soul, you'll learn how to prioritize your well-being amidst life's demands.



- **Speak Up: Advocating for Yourself with Confidence and Conviction (May 29)**

Empower yourself with the tools and knowledge to advocate for your needs and rights in our dynamic presentation on self-advocacy. Whether navigating the healthcare system, asserting yourself in the workplace, or advocating for fair treatment in your personal life, effective self-advocacy is essential for ensuring that your voice is heard and your concerns are addressed.