

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.

UPCOMING WORKSHOPS (VIRTUAL)

- **Journaling Workshop**
(May 7 – May 28, every Tuesday from 1:00pm-2:00pm)

Journaling can be an effective way to express and learn about yourself. Join us online for this 4-week workshop to learn and experience how journaling can improve your mental health. We will explore different journaling themes each week that will encourage meaningful growth and increased self-awareness.

- **Navigating Grief and Loss Workshop**
(May 21 – June 25, every Tuesday from 6:00pm-8:00pm)

Experiencing loss can happen with any sudden or major change in our lives. Losing a job, relationship, important person, or physical abilities can bring feelings of grief and impact depression, anxiety, or stress conditions. Join us online for this 6-week workshop to explore the different types of loss, stages of grief and mourning, grief myths, self-care, boundaries, and more.

- **Self-Esteem Workshop**
(May 23 – June 27, every Thursday from 11:00am-12:00pm)

Healthy self-esteem is thinking about ourselves and our worth in a balanced way. Join us online for this 6-week workshop to learn how to develop realistic expectations, balance our self-evaluations, and engage in helpful behaviour to promote and maintain healthy self-esteem.