



COPE MENTAL HEALTH OUTDOOR SUMMER GROUPS

COPE's summer outdoor wellness groups are an excellent way to take advantage of the pleasant weather and boost your social wellness. Outdoor activities can also boost your mood, reduce stress, ease mental health symptoms, and increase physical fitness.

Join us at our outdoor groups this summer as we enjoy the benefits of nature together! Exact locations of activities will be sent to registered participants.

To register for outdoor groups, please email COPE at:
cope@communitycaredurham.on.ca

(If you are not a member of the COPE program, please include your full name and phone number in your email. COPE will contact you to complete registration.)

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- **Meditation in the Park**
(Mondays, June 10 – August 26 from 10:00am-11:00am)
Location: Oshawa
 - **Walk in the Park**
(Tuesdays, June 11 – August 27 from 10:00am-11:00am)
Location: Oshawa
 - **Painting in the Park**
(Thursdays, June 13 – August 29 from 10:00am-12:00pm)
Location: Oshawa
Art materials will be provided to registered participants.