

## COPE Regular and Ongoing Support Groups

The COPE Mental Health Program offers a variety of free, community-based support groups. Groups meetings are held virtually, in-person, or a combination of both (hybrid).

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)**.

### Anxiety and Depression Groups

<b>MONDAY</b>	
11:00 AM – 1:00 PM	Morning Women’s Anxiety and Depression Group
12:00 PM – 1:30 PM	Afternoon Anxiety and Depression Group
1:30 PM – 3:00 PM	Afternoon Men’s Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Women’s Anxiety and Depression Group
<b>TUESDAY</b>	
10:00 AM – 12:00 PM	Morning Women’s Anxiety and Depression Group
11:00 AM – 12:30 PM	Morning Anxiety Group
2:00 PM – 4:00 PM	Afternoon Anxiety and Depression Group
3:00 PM – 4:30 PM	Afternoon Anxiety Group
6:00 PM – 8:00 PM	Evening Men’s Anxiety and Depression Group
6:30 PM – 8:30 PM	Evening Anxiety and Depression Group
<b>WEDNESDAY</b>	
10:00 AM – 11:30 AM	Morning Depression Group
10:00 AM – 12:00 PM	Morning Anxiety and Depression Group
10:00 AM – 12:00 PM	Morning Anxiety Group
1:00 PM – 3:00 PM	Afternoon Anxiety Group
5:00 PM – 6:00 PM	Evening Anxiety and Depression Group
6:00 PM – 7:30 PM	Evening Women’s Anxiety and Depression Group
6:00 PM – 8:00 PM	Evening Women’s Anxiety and Depression Group
7:30 PM – 9:00 PM	Evening Anxiety and Depression Group <b>Bi-Weekly</b>
<b>THURSDAY</b>	
1:00 PM – 2:00 PM	Afternoon Anxiety and Depression Group
1:00 PM – 3:00 PM	Afternoon Anxiety and Depression Group
4:00 PM – 6:00 PM	Evening Men’s Anxiety and Depression Group
6:30 PM – 8:30 PM	Evening Anxiety and Depression Group
7:00 PM – 8:30 PM	Evening Anxiety and Depression Group
7:00 PM – 9:00 PM	Evening Anxiety and Depression Group
7:30 PM – 8:30 PM	Evening Anxiety and Depression Group
<b>FRIDAY</b>	
1:00 PM – 3:00 PM	Afternoon Anxiety Group

Please note: Regular and ongoing support groups may have a waitlist. This list is for informational purposes only. Group selection will be determined in collaboration with COPE staff at time of Assessment.

## Social Recreation/Wellness Groups

<b>MONDAY</b>	
12:00 PM – 1:00 PM	Life Skills Group
7:00 PM – 9:00 PM	Games Group – Classic Games (7pm), Variety Games (8pm)
<b>TUESDAY</b>	
1:00 PM – 3:00 PM	Social Recreation Group
<b>WEDNESDAY</b>	
2:00 PM – 4:00 PM	Social Wellness Group
6:30 PM – 7:30 PM	Life Skills Group
<b>THURSDAY</b>	
1:00 PM – 4:00 PM	Games Group – Bingo (1pm), Euchre (2pm), Codenames (3pm)
<b>FRIDAY</b>	
9:30 AM – 11:00 AM	Morning Wellness Group

## Bipolar Groups

<b>MONDAY</b>	
7:30 PM – 9:00 PM	Evening Bipolar Group
<b>WEDNESDAY</b>	
1:00 PM – 2:30 PM	Afternoon Bipolar Group
7:00 PM – 9:00 PM	Evening Bipolar Group
<b>THURSDAY</b>	
6:00 PM – 7:30 PM	Evening Bipolar Group

## Chronic Pain Groups

<b>MONDAY</b>	
10:30 AM – 12:30 PM	Chronic Pain Support
6:30 PM – 8:30 PM	Women's Chronic Pain Support
<b>FRIDAY</b>	
12:00 PM – 2:00 PM	Chronic Pain Support

## Other Specialized Groups

<b>THURSDAY</b>	
10:00 AM – 11:30 AM	Senior Support Group (60+)
6:00 PM – 8:00 PM	R.I.S.E. Mental Health Support for Early Adulthood (Ages 16-26) <a href="https://www.communitycaredurham.on.ca/services/cope/rise/">https://www.communitycaredurham.on.ca/services/cope/rise/</a>

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