



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:

- **Beyond the Binary: Understanding 2sLGBTQIA+ Identities (June 3)**

Join us for an enlightening presentation delving into the nuanced world of 2sLGBTQIA+ identities. From understanding diverse spectrums of gender and sexuality to exploring the intersectionality within the community, this session aims to foster empathy, awareness, and inclusivity. Whether you're new to the topic or seeking deeper insights, come engage in meaningful dialogue and broaden your understanding of 2sLGBTQIA+ experiences.

- **Navigating the Depths of Bereavement: Understanding the Journey of Loss (June 10)**

We embark on a heartfelt exploration of the intricate and often tumultuous journey of bereavement. Bereavement is a universal human experience, yet it remains one of the most profound and challenging aspects of life. This presentation seeks to shed light on the multifaceted nature of grief, offering insights, guidance, and empathy for those who have lost a loved one.

- **Behavioural Activation (June 17)**

Our thoughts, emotions, and behaviours are connected in a way that influences and affects each other, especially when we have low moods. But how can we change our mood in a way that can benefit us? Join us as we explore how Behavioural Activation can help us to enhance our moods, by understanding the relationship between our thoughts, emotions, and behaviours, more commonly known as Cognitive Behavioural Therapy's Model of Emotions!

- **From Overwhelmed to Resilience: Navigating Burnout and Compassion Fatigue (June 24)**

In today's fast-paced and demanding world, burnout and compassion fatigue have become all too common, affecting individuals across various professions and walks of life. Join us for an insightful presentation that delves into the intricate web of burnout and compassion fatigue, offering understanding, support, and a path to recovery.

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

- **People Pleasers - The Art of Self-Sacrifice (June 5)**

In a world that values empathy and kindness, people pleasers stand out as the embodiment of self-sacrifice. These individuals possess an innate desire to please others, often at the expense of their own needs and well-being. In our presentation, we explore the characteristics and motivations that drive people pleasers, shedding light on the potential challenges they face in their personal and professional lives.

- **Beyond the Binary: Understanding 2sLGBTQIA+ Identities (June 12)**

Join us for an enlightening presentation delving into the nuanced world of 2sLGBTQIA+ identities. From understanding diverse spectrums of gender and sexuality to exploring the intersectionality within the community, this session aims to foster empathy, awareness, and inclusivity. Whether you're new to the topic or seeking deeper insights, come engage in meaningful dialogue and broaden your understanding of 2sLGBTQIA+ experiences.

- **In Tune with Emotions: Understanding and Managing Feelings (June 19)**

Embark on a transformative journey of understanding and managing emotions. Drawing from the core principles of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, this session offers practical insights and techniques for navigating the complexities of our emotional landscape. Learn how to identify and label emotions, cultivate acceptance, and develop adaptive coping strategies to regulate intense feelings effectively.

- **Identifying Unhelpful Thinking Patterns (June 26)**

When a person experiences an unhelpful emotion, it is usually preceded by unhelpful self-statements and thoughts. These thoughts often follow patterns known as "unhelpful thinking styles." These styles of thinking can become something that happens outside of our awareness. Constant and consistent use of these styles of thinking can often cause a great deal of emotional distress. Join us to learn about common unhelpful thinking styles and how we can change these habits to more positive and healthy ways of thinking.