

## 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](mailto:cope@communitycaredurham.on.ca).

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### **UPCOMING WORKSHOPS (VIRTUAL)**

- **Self-Care Workshop**  
**(June 3 – June 24, every Monday from 2:00pm-3:00pm)**

In this 4-week workshop, we will discuss the importance of self-care and ways we can incorporate it regularly into our lives. Whether it's going to bed early or setting a boundary when you need to, self-care has a significant positive impact on your mental and physical well-being. We hope this workshop will help you treat yourself with the care that you deserve.

- **Unhelpful Thinking Styles Workshop**  
**(June 6 – July 4, every Thursday from 1:30pm-3:00pm)**

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" and can become something that happens outside of our awareness. Constant and consistent use of unhelpful thinking styles can cause emotional distress and play a role in the development and maintenance of anxiety and depression.

Join this 5-week workshop to learn about common unhelpful thinking styles and how we can change these to more positive and healthy ways of thinking.