

## 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)**.

Existing COPE members, please register via our monthly newsletter or email us at [cope@communitycaredurham.on.ca](mailto:cope@communitycaredurham.on.ca).

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COPE's Self-Development Series provides information to encourage the development and maintenance of coping skills and wellness. Both Monday and Wednesday groups meet online via Zoom. Attend all sessions or just the ones that interest you!

### **Mondays from 12:00pm-1:00pm – Upcoming Topics:**

- **Scheduling for Mental Health (October 7)**

Join us for an insightful presentation on harnessing the power of your calendar for self-care! In this session, we'll explore practical strategies for incorporating self-care activities into your daily schedule using a calendar. From setting aside dedicated time for relaxation and mindfulness to scheduling activities that nourish your mind, body, and soul, you'll learn how to prioritize your well-being amidst life's demands.

- **October 14 – CLOSED (Thanksgiving)**

- **Embracing Freedom: The Path to Radical Acceptance (October 21)**

Radical acceptance is a powerful practice that allows us to embrace life as it is, free from judgment and resistance. This talk will explore the profound impact of accepting reality as it unfolds, even when it's not what we hoped for or expected.

- **Understanding Attachment Styles: Building Stronger Connections (October 28)**

Attachment styles profoundly shape how we form and maintain relationships throughout our lives. Join us for an enlightening presentation that explores the fascinating world of attachment styles and their impact on our interpersonal dynamics. We'll delve into the origins and development of attachment theory, revealing how our early experiences with caregivers lay the foundation for our adult relationships and gain insight into how they influence our behaviours, emotions, and expectations in relationships.

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

- **Building Atomic Habits: Practical Strategies for Lasting Change (October 2)**

This session aims to help participants understand and apply the core principles and strategies outlined in James Clear's influential book, "Atomic Habits." Participants will gain valuable insights into habit formation, behaviour change, and personal growth.

- **The Power of Compassionate Communication: Building Deeper Connections (October 9)**

In a world where communication is often hurried and impersonal, the art of compassionate communication shines as a beacon of understanding and connection. Join us for a captivating presentation that explores the profound impact of compassionate communication on our relationships, personal growth, and the world around us.

- **Boundary Setting: Cultivating Healthy Relationships (October 16)**

Join us for an enlightening presentation on the importance of setting and maintaining boundaries in our personal and professional lives. Boundaries serve as essential guidelines that define our limits, preferences, and needs, playing a crucial role in fostering healthy relationships and preserving our mental and emotional well-being.

- **Acceptance and Commitment Therapy (October 23)**

In a world where change is inevitable, Acceptance and Commitment Therapy (ACT) offers a transformative approach to handling life's challenges. Join us in this presentation as we explore the principles and techniques of ACT. This powerful evidence-based therapeutic approach empowers individuals to lead more fulfilling and authentic lives.

- **Psychosis: Understanding, Compassion, and Recovery (October 30)**

Join us for a compelling presentation delving into psychosis. Psychosis, often misunderstood and stigmatized, encompasses a range of experiences, including hallucinations, delusions, and disorganized thinking. Through this presentation, we aim to foster understanding, empathy, and awareness surrounding psychosis, its potential causes, and its impact on individuals and their loved ones.