

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)**.

Existing COPE members, please register via our monthly newsletter or contact COPE at cope@communitycaredurham.on.ca.

UPCOMING WORKSHOPS

- **Perinatal Mental Health Workshop (Online)**
October 8 – November 12, every Tuesday from 11:30am-12:30pm

This workshop is open to mothers-to-be (currently pregnant) or new mothers (up to 12 months after giving birth) who want to learn about mental wellness and improving their resilience to common challenges during the postpartum period and/or who have concerns about their mental health.

Facilitated by Kameela Osmon (M.S.W., R.S.W., PMH-C) and Nadia Bellio (Registered Midwife, IBCLC, M.S.W. student), this 6-week workshop will explore mental health during the perinatal period and beyond, as well as offer opportunities for connection and support.

Week 1: Introduction to Perinatal Mental Health

Week 2: Delivery and Early Postpartum; Physical, Mental, Emotional

Week 3: Relationship Wellness Postpartum and Identity Changes

Week 4: Managing Sleep, Self-Expectations, and Navigating New Parenthood

Week 5: Societal Pressures, Cultural Norms, and Boundaries

Week 6: Building a Mental Health Wellness Plan and Long-Term Strategies

- **Virtual Painting Night (Online)**
October 15 – November 5, every Tuesday from 6:00pm-8:00pm

Our virtual painting group provides a safe space for you to explore your emotions and connect with others. Come paint and create with us, and let art be your bridge to better mental well-being. Open to both experienced artists and complete beginners!

- **Self-Care Workshop (In-Person, Bowmanville, ON)**
October 15 – November 5, every Tuesday from 1:00pm-2:00pm

Self-care has a significant positive impact on well-being. This 4-week workshop aims to help you gain an understanding of self-care activities that are beneficial to you and how you can incorporate those activities regularly into your life to enhance balance and well-being. We will guide you through exploring different self-care activities, setting goals for self-care, and creating and maintaining a personalized, flexible self-care plan.

Registration Details:

This workshop is offered in partnership with the Bowmanville Older Adults Association (BOAA) and will run in-person at the BOAA location. It is open to individuals aged 55+ and BOAA membership is not required to attend.

Register with the BOAA directly by phone at 905-697-2856 or in-person at 26 Beech Avenue, Bowmanville.

- **Unhelpful Thinking Styles Workshop (Online)**
October 17 – November 14, every Thursday from 6:30pm-7:30pm

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 an automatic habit – something that happens outside of our awareness. Constant and consistent use of these styles of thinking often cause a great deal of emotional distress. Join this 5-week workshop to learn about common unhelpful thinking styles and how we can change these habits to more positive and healthy ways of thinking.