

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.

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:

- **An Introduction to Eye Movement Desensitization and Reprocessing Therapy (Nov. 4)**

Join us for an insightful presentation on Eye Movement Desensitization and Reprocessing (EMDR), a therapy designed to help individuals process and heal from traumatic experiences. This session will cover the core principles of EMDR, its evidence-based effectiveness in treating PTSD and other trauma-related disorders, and the mechanics behind how bilateral stimulation aids in emotional processing.

- **Acceptance and Commitment Therapy (Nov. 11)**

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, a powerful and evidence-based therapeutic approach that empowers individuals to lead more fulfilling and authentic lives.

- **Building Strong Foundations: Exploring the Sound Relationship House (Nov. 18)**

Join us for an engaging presentation on the Sound Relationship House, a metaphorical framework developed by renowned relationship experts Dr. John Gottman and Dr. Julie Schwartz Gottman. This presentation will delve into the essential elements that comprise a healthy and thriving relationship, providing participants with practical insights and tools for strengthening their connections with their partners.

- **The Sleep Revolution: Mastering the Art of Sleep Hygiene (Nov. 25)**

Sleep is the cornerstone of our physical and mental well-being, yet many of us struggle to achieve quality rest. Our presentation goes beyond just understanding the importance of sleep. We'll explore the vital role sleep plays in our lives, from enhancing cognitive function and boosting productivity to supporting emotional resilience and overall health. We will equip you with practical, evidence-based tips and techniques to transform your sleep routine.

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

- **The Polyvagal Perspective: Understanding the Nervous System's Role (Nov. 6)**

Join us for an engaging presentation on Polyvagal Theory, a framework that explores the intricate relationship between the autonomic nervous system and our emotional well-being. This session will explore the core concepts of Polyvagal Theory, developed by Dr. Stephen Porges, highlighting the roles of the vagus nerve in regulating our responses to stress and trauma.

- **Managing Rejection (Nov. 13)**

Rejection can be extremely painful and difficult to manage. Rejection can leave us feeling lost, alone, and affect our self-worth. Join us while we discuss how rejection causes us such pain and how we can develop tools to help COPE with rejection.

- **Voice of Empowerment: Advocating for Yourself (Nov. 20)**

Join us for an inspiring and informative presentation on the art of "Advocating for Yourself." In this engaging session, we will explore the essential skills, strategies, and mindset necessary to stand up for your needs, assert your rights, and navigate life with confidence and self-assurance.

- **Cultivating Wellbeing: An Introduction to the PERMA Model (Nov. 27)**

The PERMA model, developed by positive psychologist Martin Seligman, is a framework for understanding and enhancing overall well-being. In this workshop, we will explore the five key elements of the PERMA model: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. Through interactive activities and discussions, participants will learn practical strategies to incorporate PERMA into their daily lives and promote their overall well-being.