

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

- **Navigating Grief and Loss Workshop (Online)**
November 7 – December 12, every Thursday from 2:30pm-4:00pm

Experiencing loss can happen with any sudden or major change in our lives. Losing a job, relationship, important person, or physical abilities can bring feelings of grief and impact depression, anxiety, or stress conditions. Join us online for this 6-week workshop to explore the different types of loss, stages of grief and mourning, grief myths, self-care, and more.

- **Understanding and Coping with Emotions Workshop (Online)**
November 19 – December 10, every Tuesday from 12:00pm-1:30pm

This 4-week workshop aims to help you navigate and manage your emotions more effectively. Emotions are an essential part of being human, but they can sometimes feel overwhelming and difficult to navigate. This workshop teaches practical strategies to build emotional resilience, balance distress tolerance, and improve your overall emotional well-being. Whether you struggle with overwhelming emotions or simply want to enhance your emotional resilience, this workshop offers useful tools and insights that will help you lead a more emotionally balanced life.

- **Self-Care Workshop (Online)**
November 21 – December 12, every Thursday from 7:00pm-8:00pm

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.