

## 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:**

- **Rethinking Personality Disorders (Dec. 2)**

Personality disorders are often misunderstood, and this misunderstanding can lead to unfair judgments and make it harder for people to get the support they need. We'll take a closer look at personality disorders in a way that reduces stigma, helps clear up common misconceptions, and encourages a more compassionate view. We'll explore what personality disorders are, the unique challenges people with these diagnoses face, and how we can move beyond stereotypes.

- **The Polyvagal Perspective: Understanding the Nervous System's Role (Dec. 9)**

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.

- **Taking Control: Understanding and Conquering Panic Attacks (Dec. 16)**

Panic attacks can be terrifying and overwhelming, but they are not insurmountable. We'll explore the nature of panic attacks, shedding light on their physical, emotional, and psychological components. Gain a deeper understanding of the triggers and symptoms, as well as the profound impact they can have on individuals and their daily lives.

- **Finding Light in the Shadows: Managing Grief During the Holidays (Dec. 23)**

The holiday season, often a time of joy and celebration, can be exceptionally challenging for those who are grieving the loss of a loved one. Join us for a compassionate presentation that provides guidance, support, and coping strategies for navigating grief during this emotionally charged time. We will explore the unique challenges that grieving individuals face during the holidays, from the empty chair at the dinner table to the memories that resurface during festive traditions. Understand how grief can intensify during this season and how to acknowledge and honor your emotions.

- **Boundary Setting: Cultivating Healthy Relationships (Dec. 30)**

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.

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

- **Exploring Fight, Flight, Freeze, and Fawn (Dec. 4)**

Join us for a captivating presentation as we delve into the complex mechanisms of the fight, flight, freeze, and fawn responses – fundamental survival instincts deeply ingrained in the human psyche. We'll unravel each response's psychological and physiological underpinnings, examining how they manifest in different situations and their impact on our mental and emotional well-being.

- **Identifying and Developing Character Strengths: A Guide to Self-Improvement (Dec. 11)**

Journey with us as we explore one of the features that makes you unique! Learn about the groundbreaking, research-based universal language of character strengths that make up the best parts of your personality. We will dive into the 24 strengths profiles, each divided into 6 broad categories: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. Join us and learn how to develop, foster, build, and maintain your character strengths!

- **Nurturing Your Spirit: Self-Care Strategies for a Blissful Holiday Season (Dec. 18)**

The holiday season can be a time of joy and connection, but it's also a period of heightened stress and demands. In this empowering session, we'll delve into the importance of self-care and its transformative potential during the holidays. Discover how prioritizing your well-being can not only enhance your own experience but also enrich your ability to be present and connect with loved ones.