

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:

- **Mastering Stress: A Roadmap to Resilience and Well-Being (Mar. 3)**
Join us for an informative and empowering presentation on "Stress Management," a critical skill in today's fast-paced world. In this engaging session, we will explore effective strategies and practical techniques to help you understand, cope with, and reduce stress, ultimately leading to a healthier and more balanced life.
- **Gratitude Journaling (Mar. 10)**
Join us to explore the benefits of gratitude journaling as a practical tool for enhancing mental well-being. We will learn how gratitude can shift perspectives, improve mood, and foster resilience. The session will cover the psychological and emotional impact of gratitude, guided journal prompts, and strategies to make gratitude journaling a sustainable habit.
- **People Pleasers: The Art of Self-Sacrifice (Mar. 17)**
In a world that values empathy and kindness, people pleasers stand out as the embodiment of self-sacrifice. These individuals possess an innate desire to please others, often at the expense of their own needs and well-being. In our presentation, we explore the characteristics and motivations that drive people pleasers, shedding light on the potential challenges they face in their personal and professional lives.
- **Grounding Techniques: Finding Stability in Times of Turbulence (Mar. 24)**
Grounding techniques are invaluable for regaining stability and calm amid life's storms. Grounding techniques are a set of strategies designed to anchor the mind and body in the present moment, helping to alleviate symptoms of anxiety, stress, and dissociation. In this

presentation, we'll explore various grounding techniques, including sensory-based methods such as deep breathing, visualization, mindfulness, and body awareness exercises.

- **Exploring Fight, Flight, Freeze, and Fawn (Mar. 31)**

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.

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

- **Understanding and Building Motivation (Mar. 5)**

In this engaging session, we will delve deep into the psychology of motivation, unravelling the mysteries behind what makes us tick and what drives us to succeed. You'll gain valuable insights into the different types of motivation, including intrinsic and extrinsic factors, and learn how to harness their power to fuel your personal and professional growth.

- **Overcoming the Fear of Mistakes (Mar. 12)**

This presentation explores how the fear of making mistakes affects confidence and decision-making. Participants will learn how to reframe mistakes as learning opportunities, build self-compassion, and develop strategies to move forward with confidence.

- **Understanding Borderline Personality Disorder (Mar. 19)**

In this presentation, we explore the experiences of living with borderline personality disorder. Together, we'll look at what shapes these experiences, how we can navigate emotional intensity, and ways to support ourselves and others with understanding and compassion

- **Nature's Healing Power: Exploring the Intersection of Mental Health and the Great Outdoors (Mar. 26)**

Embark on a journey of discovery with our enlightening presentation exploring the profound connection between mental health and nature. As urbanization and technological advancements continue to shape our modern world, it's easy to forget the restorative and therapeutic benefits that nature offers. In this presentation, we'll delve into the science-backed evidence supporting the positive impact of nature on mental wellbeing, including reduced stress levels, improved mood, and enhanced cognitive function.