



COPE MENTAL HEALTH WORKSHOPS & SOCIAL WELLNESS GROUPS

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 & SOCIAL WELLNESS GROUPS

- **Boundaries Workshops (In-Person, Bowmanville Older Adults Association)**

March 4 – March 25, every Tuesday from 1:00pm-2:00pm

Boundaries are the foundation for building our relationship with others and protecting the one we have with ourselves. If you have a difficult time saying “no” to others or struggle with putting your own well-being first, join us for this 4-week workshop to learn how to define, set, and respect boundaries.

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.

- **Procrastination Workshop (Online)**

March 4 – March 25, every Tuesday from 12:00pm-1:00pm

Procrastination is making a decision to delay or not complete a task or goal you’ve committed to, and instead doing something of importance – despite there being negative consequences. Join this 4-week workshop to better understand procrastination and learn how to implement strategies to accomplish important tasks.

- **Virtual Painting (Online)**

March 11 – April 1, 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!