



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

COPE MENTAL HEALTH SUPPORT GROUPS

Our support groups are focused on education, community connection, and practicing the coping skills you need to improve your mental health. *Please call **1-888-255-6680** to register for any of these groups:*

- Anxiety and Depression Support
- Depression Support Groups
- Bereavement Support Group
- Men's Wellness Groups
- Chronic Pain Support Group
- Anxiety and Stress Management
- Bipolar Support Groups
- Anxiety Support Groups
- Women's Wellness Groups

COPE MENTAL HEALTH SPECIALIZED SUPPORT GROUPS AND WORKSHOPS

*Please email bcatalano@communitycaredurham.on.ca to register for any workshops. For the specialized support groups (Morning Wellness, Social Recreation, and Calling All Caregivers) please call us at **1-888-255-6680** to register.*

- **Storytelling (January 7th - February 25th, every Thursday from 1pm-2pm) (Again March 4th - April 22nd)**
In this workshop participants will learn the basics that will give them the tools to craft their own personal story. When we adjust the story we tell ourselves about our life, we have the possibility to bring about positive change and improved mental health. In a safe and supportive environment, the 6-8 minute story participants create will be shared and gentle feedback given.
- **Developing a Healthy Self-Esteem (January 12th - February 16th, every Tuesday from 2pm-3pm)**
Healthy self-esteem is thinking about ourselves and our worth in a balanced way. Join us to learn how to develop realistic expectations, balance self-evaluations and engage in helpful behaviour.
- **Procrastination (January 12th - February 16th, every Tuesday from 12pm-1pm)**
Procrastination is a common part of human behaviour. Often people mistake procrastination for "laziness". Join us to better understand procrastination and learn how to implement strategies to get important tasks done.
- **Social Recreation: Cards & Games (Ongoing, every Thursday from 1pm-4pm)**
Join us online for fun, laughter, and relaxation while playing Bingo (1pm), Euchre (2pm) and Dominoes (3pm). Connecting with others can help to reduce stress, depression, and anxiety while increasing healthier lives!
- **Morning Wellness Group (starting January 8th, every Friday from 9:30am-11am)**
Join us every Friday morning to gently wake up and greet your day. Topics of wellness will be discussed, as well as monthly presenters on the first Friday of every month.



PHONE: 905-668-6223

FAX: 905-668-7190

20 Sunray Street, Unit 5, Whitby, ON L1N 8Y3

Charitable Registration Number #11888 9955 RR0001

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- **Calling All Caregivers (Ongoing, biweekly Tuesdays from 2pm-3:30pm)**
Join Community Care Durham's COPE Mental Health team in partnership with the Adult Day Program, to discuss your experiences and concerns, as well as learn new strategies for self-care with fellow caregivers.
- **Anxiety and Depression Workshop (January 18th - March 22nd, every Monday from 6pm-8pm)**
Join us for our 10-week workshop to learn new skills! We discuss various topics including: Anxiety, Depression, Self-Care, Boosting Self-Esteem, Self-Compassion, Emotions and Negative Self-Talk, Goal Setting and Meditation.
- **Self-Compassion Workshop (March 2nd - April 13th, every Tuesday from 2pm-3pm)**
Join us online to learn practical skills to help you be less critical and more compassionate towards yourself! Self-compassion involves being aware of our own pain and suffering, and understanding that this is hard, but is a normal human experience.
- **Self-Care Workshop (March 2nd - April 13th, every Tuesday from 12pm-1pm)**
Good self-care is vital for building resilience toward stressors in our lives, and improving the relationship with ourselves and others. Join us to learn more about how to implement self-care practices to improve your overall wellbeing.

COPE MENTAL HEALTH PSYCHO-EDUCATIONAL GROUPS

These 45-minute groups run every Monday at 11am and 12pm. They are focused on providing learning through information sharing and the development of life and coping skills to support mental and emotional well-being. Please email bcatalano@communitycaredurham.on.ca to register for any of these groups.

UPCOMING TOPICS:

- **Sleep Hygiene** (January 4th)
- **Calming Techniques** (January 11th)
- **Journaling** (January 18th)
- **Mindfulness** (January 25th)
- **Nutrition & Mental Health** (February 1st)
- **Emotional Reasoning** (February 8th)
- **Positive Qualities** (February 22nd)

COPE "LET'S TALK ABOUT..."

A health and wellness talk from various presenters and organizations in Durham Region. You do not need to be a registered COPE client to attend our Let's Talk About events (unless otherwise indicated). Please email bcatalano@communitycaredurham.on.ca to register for any of these events.

UPCOMING PRESENTERS:



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Loretta Tanner from Alzheimer's Society (January 19th, 6pm-8pm): Loretta's discussion will be focused on age-related changes, impact on the brain and memory, resilience, tips to enhance memory - including tips and strategies for coping with memory problems.

- **Lindsay Slater from Ontario Shores for Mental Health Sciences (February 16th, 6pm-8pm):** Lindsay joins us to discuss the history of CBT, how it works, its benefits, and more! Join us to learn about this form of talk therapy that can help you to break free from negative thought patterns and improve your mental wellbeing.

PLEASE BE ADVISED: ALL SUPPORT GROUPS, WORKSHOPS AND EVENTS ARE CURRENTLY RUNNING ON A VIRTUAL PLATFORM. INDIVIDUALS MAY ALSO CALL INTO OUR GROUPS IF THEY ARE UNABLE TO CONNECT WITH US ONLINE.



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