

**COPE Mental Health Program - Group Schedule**

<b>GROUPS</b>	<b>TIMES</b>	<b>FORMAT</b>
<b>Ajax-Pickering</b>		
Anxiety Support Group	Fridays: 1 - 3 pm	Weekly
Anxiety Workshop	Offered depending on interest	
Bereavement Support Group	Tuesdays: 7 - 9 pm	Weekly
Bipolar Wellness Support Group	Wednesdays: 7 - 9 pm	Weekly
COPEactics (Depression Support Group)	Mondays: 7 - 9 pm	Weekly
Coping & Wellness (Depression Support Group)	Thursdays: 7 - 9 pm	Weekly
Coping & Wellness for Depression	Tuesdays: 7 - 9 pm	Weekly
Coping with Courage (Depression Support Group)	Thursdays: 7 - 9 pm	Weekly
Coping & Wellness	Tuesdays: 7 - 9 pm	Weekly
Family & Caregiver Recovery Group	Offered depending on interest	
Interpersonal Support Group for Depression	Offered depending on interest	
Mood Maintenance Support Group	Offered depending on interest	
New Beginnings (Depression Support Group)	Mondays: 7 - 9 pm	Weekly
"New Leaf" Social Recreation Group	Mondays & Thursdays: 10 am-2 pm	Twice Weekly
Path to Recovery (Depression Support Group)	Thursdays: 7 - 9 pm	Weekly
Relationship & Wellbeing Group	Mondays: 1 - 3 pm	Weekly
Seasons of Change (Depression Support Group)	Mondays: 7 - 9 pm	Weekly
Team HOPE(Depression Support Group)	Wednesdays: 1 - 3 pm	Weekly
Understanding The Grief Journey	Offered depending on interest	
<b>Brock</b>		
Depression & Stress Management	Wednesdays: 9:30 am - noon	Weekly
Women and Wellness Group	Tuesdays: 9:45 - 11:45 am	Weekly
<b>Clarington</b>		
Anxiety & Depression Support Group	Tuesdays: 2 - 4 pm	Bi-weekly
Anxiety & Depression Support Group	Thursdays: 1 - 3 pm	Bi-weekly
Anxiety and Depression Group A	Tuesdays: 7 - 9 pm	Bi-weekly
Anxiety and Depression Group B	Tuesdays: 7 - 9 pm	Bi-weekly
Brief Support Group	Thursdays: 9:30 - 11:30 am	Weekly / 7 weeks
Caregiver Support Group	Mondays: 1:30 - 3:30 pm	Monthly
Family Support Group	Wednesdays: 6 - 8 pm	10 weeks
Family and Friends Care Circle	Wednesdays: 6 - 9 pm	8 weeks
Making Connections Clarington	Tuesdays & Thursdays 10 am - 2 pm	Weekly
Men's Group	Thursdays: 6:30 - 8:30 pm	Bi-Weekly
Stroke Support Group (open to clients & caregivers)	Wednesdays: 1 - 3 pm	Bi-Weekly
Women's Depression Support Group	Mondays: 10 am - noon	Weekly
Women's Depression Support Group	Wednesdays: 10 am - noon	Weekly
Women's Support Group	Mondays: 7 - 9 pm	Weekly
Young Adults Support Group	Mondays: 3 - 5 pm	Bi-Weekly / 8 weeks
<b>Oshawa/Whitby</b>		
Anxiety & Depression Support	Mondays: 6:30 - 8:30 pm	Weekly
Anxiety Management	Tuesdays: 10 am - noon	Weekly
Anxiety & Stress Management Group	Wednesdays: 1:30-3:30 pm	Weekly
Whitby Anxiety & Depression Support Group	Thursdays: 7 - 9 pm	Bi-weekly
Bi-polar Support	Thursdays: 10 am - noon	Weekly
Coping with Bipolar Support Group	Thursdays: 6:30 - 8:30 pm	Weekly
Depression Support Group	Wednesdays: 10 am - noon	Weekly
Depression Support Group	Wednesdays: 1 - 3 pm	Weekly
LIVEing with Bipolar	Wednesdays: 7 - 9 pm	Weekly
Managing Anxiety & Stress Group	Tuesdays: 1:30 - 3:30 pm	Weekly
Men's Wellness Support Group	Fridays: 12 - 2 pm	Weekly
"New Horizons" Depression Group	Thursdays: 1 - 3 pm	Weekly
Outdoor Wellness Group	Thursday: 10:30 am - 12:00 pm	8 weeks (Summer)
Social Recreation Group	Tuesdays: 1:00 - 3:00 pm	Weekly
Social Recreation Group	Fridays: 1:30 - 3:30 pm	Weekly
The Anxiety and Depression Workshop	Mondays: 11 am - 1:00 pm	8 weeks/2x year
Women's Wellness Group	Mondays: 1 - 3 pm	Weekly
Women's Wellness Support Group	Tuesdays: 5:30 - 7:30 pm	Bi-Weekly
'Young at Heart' Social Recreation Group	Mondays: 1:30 - 3:30 pm	Weekly
<b>Scugog &amp; Uxbridge</b>		
Anxiety Management (Port Perry)	Thursdays: 10 am - noon	8 weeks
"New Day" Wellness Group (Uxbridge)	Tuesdays: 10 am - 2 pm	Weekly
Social Recreation Group (Port Perry)	Wednesdays: 12:30 - 2:30 pm	Weekly
Social Recreation Group (Uxbridge)	Wednesdays: 10 am - noon	Weekly