

| COPE Mental Health Program. - Group Schedule | | |
|--|---------------------------------------|------------------------|
| GROUPS | TIMES | FORMAT |
| Ajax-Pickering | | |
| Anxiety and Depression Support | Wednesdays: 7 p.m. - 9 p.m. | Weekly |
| Anxiety Support Group | Fridays: 1 p.m. - 3 p.m. | Weekly |
| Anxiety Workshop | Offered depending on interest | |
| Bereavement Support Group | Tuesdays: 7 p.m. - 9 p.m. | Weekly |
| Bipolar Wellness Support Group | Wednesdays: 7 p.m. - 9 p.m. | Weekly |
| COPEacetics (Depression Support Group) | Mondays: 7 p.m. - 9 p.m. | Weekly |
| Coping and Wellness (Depression Support Group) | Thursdays: 7 p.m. - 9 p.m. | Weekly |
| Coping and Wellness for Depression | Tuesdays: 7 p.m. - 9 p.m. | Weekly |
| Coping with Courage (Depression Support Group) | Thursdays: 7 p.m. - 9 p.m. | Weekly |
| Coping and Wellness | Tuesdays: 7 p.m. - 9 p.m. | Weekly |
| Family and 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 p.m. - 9 p.m. | Weekly |
| "New Leaf" Social Recreation Group | Mondays & Thursdays: 10 a.m. - 2 p.m. | Twice Weekly |
| Path to Recovery (Depression Support Group) | Thursdays: 7 p.m. - 9 p.m. | Weekly |
| Relationship and Well-being Group | Offered depending on interest | |
| Seasons of Change (Depression Support Group) | Mondays: 7 p.m. - 9 p.m. | Weekly |
| Team HOPE (Depression Support Group) | Wednesdays: 1 p.m. - 3 p.m. | Weekly |
| Brock | | |
| Depression and Stress Management | Wednesdays: 9:30 a.m. - noon | Weekly |
| Social and Wellness Support Group (Cannington) | Wednesdays: 2 p.m. - 4 p.m. | Weekly (10 week Pilot) |
| Women and Wellness Group | Tuesdays: 9:45 a.m. - 11:45 a.m. | Weekly |
| Clarington | | |
| Anxiety and Depression Support Group | Tuesdays: 2 p.m. - 4 p.m. | Weekly |
| The Empowerment Group | Wednesdays: 6:30 p.m. - 8:30 p.m. | Weekly |
| Anxiety and Depression Support Group | Thursdays: 1 p.m. - 3 p.m. | Weekly |
| Anxiety and Depression Support Group A | Tuesdays: 7 p.m. - 9 p.m. | Weekly |
| Self Care Support Group | Tuesdays: 7 p.m. - 9 p.m. | Weekly |
| Caregiver Support Group | Mondays: 1:30 p.m. - 3:30 p.m. | Monthly |
| Family and Friends Care Circle | Offered depending on interest | |
| Making Connections Clarington | Tuesdays & Thursdays 10 a.m. - 2 p.m. | Weekly |
| Men's Group | Thursdays: 6:30 p.m. - 8:30 p.m. | Weekly |
| Resilience Group | Wednesdays: 1 p.m. - 3 p.m. | Weekly |
| Women's Depression Support Group | Mondays: 10 a.m. - noon | Weekly |
| Young Adults Support Group | Offered depending on interest | |
| Oshawa-Whitby | | |
| Anxiety and Depression Support | Mondays: 7 p.m. - 9 p.m. | Weekly |
| Anxiety Management | Tuesdays: 10 a.m. - noon | Weekly |
| Anxiety and Stress Management Group | Wednesdays: 1:30 p.m. - 3:30 p.m. | Weekly |
| Whitby Anxiety and Depression Support Group | Thursdays: 7 p.m. - 9 p.m. | Bi-weekly |
| Bi-polar Support | Thursdays: 10 a.m. - noon | Weekly |
| Coping with Bipolar Support Group | Thursdays: 6:30 p.m. - 8:30 p.m. | Weekly |
| Depression Support Group | Wednesdays: 10 a.m. - noon | Weekly |
| Depression Support Group | Wednesdays: 1 p.m. - 3 p.m. | Weekly |
| "Let's Talk About..." | Tuesdays 6 p.m. - 8 p.m. | Monthly |
| LIVEing with Bipolar | Wednesdays: 7 p.m. - 9 p.m. | Weekly |
| Living with Anxiety | Tuesdays: 6 p.m. - 8 p.m. | 10 weeks |
| Managing Anxiety and Stress Group | Tuesdays: 1:30 p.m. - 3:30 p.m. | Weekly |
| Men's Wellness Support Group | Fridays: 12 noon - 2 p.m. | Weekly |
| "New Horizons" Depression Group | Thursdays: 1 p.m. - 3 p.m. | Weekly |
| Outdoor Wellness Group | Thursday: 10:30 a.m. - 12:00 noon | 8 weeks (Summer) |
| Social Recreation Group | Tuesdays: 1:00 p.m. - 3:00 p.m. | Weekly |
| Social Recreation Group | Fridays: 1:30 p.m. - 3:30 p.m. | Weekly |
| The Anxiety and Depression Workshop | Mondays: 11 a.m. - 1:00 p.m. | 8 weeks / 2x year |
| Women's Wellness Group | Mondays: 10 a.m. - noon | Weekly |
| Women's Wellness Group | Wednesdays: 6 p.m. - 8 p.m. | Weekly |
| Scugog and Uxbridge | | |
| Anxiety and Stress Management (Port Perry) | Thursdays: 10 a.m. - noon | Weekly |
| Coping and Wellness Support Group (Uxbridge) | Wednesdays: 10 a.m. - noon | Weekly |
| "New Day" Wellness Group (Uxbridge) | Tuesdays: 10 a.m. - 2 p.m. | Weekly |
| Social Recreation Group (Port Perry) | Wednesdays: 12:30 p.m. - 2:30 p.m. | Weekly |