



COPE Mental Health Program - Group Schedule			
GROUPS	DAY(S)	TIMES	FORMAT
AJAX-PICKERING			
Anxiety and Depression Support	Wednesdays	7:00 p.m. - 9:00 p.m.	Weekly
Anxiety Support Group	Fridays	1:00 p.m. - 3:00 p.m.	Weekly
Anxiety Workshop	Offered depending on interest		
Bereavement Support Group	Tuesdays	7:00 p.m. - 9:00 p.m.	Weekly
Bipolar Wellness Support Group	Wednesdays	7:00 p.m. - 9:00 p.m.	Weekly
Caregiver Support Group	Tuesdays	3:00 p.m. - 4:00 p.m.	Monthly
COPEacetics (Depression Support Group)	Mondays	7:00 p.m. - 9:00 p.m.	Weekly
Coping and Wellness (Depression Support Group)	Thursdays	7:00 p.m. - 9:00 p.m.	Weekly
Coping and Wellness for Depression	Tuesdays	7:00 p.m. - 9:00 p.m.	Weekly
Coping with Courage (Depression Support Group)	Thursdays	7:00 p.m. - 9:00 p.m.	Weekly
Coping and Wellness	Tuesdays	7:00 p.m. - 9:00 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	7:00 p.m. - 9:00 p.m.	Weekly
"New Leaf" Social Recreation Group	Mondays & Thursdays	10:00 a.m. - 2:00 p.m.	Twice Weekly
Path to Recovery (Depression Support Group)	Thursdays	7:00 p.m. - 9:00 p.m.	Weekly
Relationship and Well-being Group	Offered depending on interest		
Seasons of Change (Depression Support Group)	Mondays	7:00 p.m. - 9:00 p.m.	Weekly
Team HOPE (Depression Support Group)	Wednesdays	1:00 p.m. - 3:00 p.m.	Weekly
Wellness Through Nature Group	Saturdays	10:00 a.m. - 12:30 p.m.	Weekly
BROCK			
Depression and Stress Management	Wednesdays	10:00 a.m. - 12 noon	Weekly
Social and Wellness Support Group (Cannington)	Wednesdays	2:00 p.m. - 4:00 p.m.	Weekly
Women and Wellness Group	Tuesdays	9:45 a.m. - 11:45 a.m.	Weekly
CLARINGTON			
Anxiety and Depression Support Group	Tuesdays	2:00 p.m. - 4:00 p.m.	Weekly
Anxiety and Depression Support Group A	Tuesdays	7:00 p.m. - 9:00 p.m.	Weekly
Anxiety and Depression Support Group	Wednesdays	6:30 p.m. - 8:30 p.m.	Weekly
Anxiety and Depression Support Group	Thursdays	1:00 p.m. - 3:00 p.m.	Weekly
Caregiver Support Group	Mondays	1:30 p.m. - 3:30 p.m.	Monthly
Caregiver Support Group	Wednesdays	10:00 a.m. - 11:00 a.m.	Monthly
Family and Friends Care Circle	Offered depending on interest		
Men's Group	Thursdays	6:30 p.m. - 8:30 p.m.	Weekly
Resilience Group	Wednesdays	1:00 p.m. - 3:00 p.m.	Weekly
Self Care Support Group	Tuesdays	7:00 p.m. - 9:00 p.m.	Weekly
The Empowerment Group	Wednesdays	6:30 p.m. - 8:30 p.m.	Weekly
Women's Depression Support Group	Mondays	10:00 a.m. - 12 noon	Weekly
Young Adults Support Group	Offered depending on interest		
OSHAWA-WHITBY			
Anxiety and Depression Support	Mondays	7:00 p.m. - 9:00 p.m.	Weekly
Anxiety Management	Tuesdays	10:00 a.m. - 12 noon	Weekly
Anxiety and Stress Management Group	Wednesdays	1:30 p.m. - 3:30 p.m.	Weekly
Bipolar Support	Tuesdays	10:00 a.m. - 12 noon	Weekly
Coping with Anxiety and Depression	Tuesdays	5:30 p.m. - 7:30 p.m.	Every 2 weeks
Coping with Bipolar Support Group	Thursdays	6:30 p.m. - 8:30 p.m.	Weekly
Depression Support Group	Wednesdays	10:00 a.m. - 12 noon	Weekly
Depression Support Group	Wednesdays	1:00 p.m. - 3:00 p.m.	Weekly
"Let's Talk About..."	Tuesdays	6:00 p.m. - 8:00 p.m.	Monthly
Living with Anxiety and Depression	Mondays	5:30 p.m. - 7:30 p.m.	Weekly
LIVEing with Bipolar	Wednesdays	7:00 p.m. - 9:00 p.m.	Weekly
Managing Anxiety and Stress Group	Tuesdays	1:30 p.m. - 3:30 p.m.	Weekly
Men's Wellness Support Group	Mondays	2:00 p.m. - 4:00 p.m.	Weekly
Men's Wellness Support Group	Fridays	12 noon - 2:00 p.m.	Weekly
"New Horizons" Depression Group	Thursdays	1:00 p.m. - 3:00 p.m.	Weekly
Outdoor Wellness Group	Thursdays	10:00 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	Wednesdays	6:30 p.m. - 8:30 p.m.	10 Weeks / 2x year
Whitby Anxiety and Depression Support Group	Thursdays	7:00 p.m. - 9:00 p.m.	Every 2 weeks
Women's Wellness Group	Mondays	10:00 a.m. - 12 noon	Weekly
Women's Wellness Group	Wednesdays	6:00 p.m. - 8:00 p.m.	Weekly
SCUGOG AND UXBRIDGE			
Anxiety and Stress Management (Port Perry)	Thursdays	10:00 a.m. - 12 noon	Weekly
Caregiver Support Group	Wednesdays	2:00 p.m. - 3:00 p.m.	Monthly
Coping and Wellness Support Group (Uxbridge)	Wednesdays	10:00 a.m. - 12 noon	Weekly
"New Day" Wellness Group (Uxbridge)	Tuesdays	10:00 a.m. - 2:00 p.m.	Weekly
Social Recreation Group (Port Perry)	Wednesdays	12:30 p.m. - 2:30 p.m.	Weekly
Young Adult Support Group (Uxbridge)	Mondays	6:30 p.m. - 8:00 p.m.	Every 2 weeks