



COPE

is a community mental health program offering trained volunteer facilitated support groups to individuals aged 16 +

Telephone and Virtual Support Groups are available for both clients and family members with a focus on education/social recreation, coping skills, depression, anxiety, bereavement, stress management, as well as overall wellness.

Bowmanville
905-623-2261
2440 Hwy. 2, Unit #1
Bowmanville, ON

Pickering
905-837-0017
1420 Bayly St., Unit #6
Pickering, ON

North Durham
905-985-8461
16100 Old Simcoe Rd
Port Perry, ON

Whitby
905-668-6223
20 Sunray St.
Whitby, ON

Self-referrals are welcome!

Groups are available during the day and evening and are located throughout the Durham Region.

For more information or to access a COPE Mental Health support group, contact a Community Care Durham office or visit us online CommunityCareDurham.on.ca/health-wellness/mental-health-support-groups