



# COPE

## Mental Health Wellness Workshop

**Free workshop focusing on the importance of wellness!**

***Join us online on July 30th for a 2-hour workshop to learn more about wellness and self-care and how to better manage various life stressors.***

Led by Community Care Durham's COPE Team, the workshop will include an explanation of the physical, emotional, and behavioural symptoms associated with stress and anxiety.

Participants will also learn about the Dimensions of Wellness: Physical, intellectual, emotional, spiritual, occupational, and social and new ways to cope with anxiety and stress by incorporating self-care.

**When:**

**July 30, 2020  
11:30 a.m. –  
1:30 p.m.**

**RSVP by July 28**

**[estephen@communitycaredurham.on.ca](mailto:estephen@communitycaredurham.on.ca)  
or call 905-985-8237 to receive the link**

**Where:**

**Join us online  
via  
GoToMeeting**