



COPE Mental Health

Calling All Caregivers!

“Extending a hand to those who help and support individuals in need.”

Community Care Durham’s COPE Mental Health team in partnership with the Adult Day Program is offering a support group for those who are interested in sharing experiences, discussing concerns and learning strategies for self-care with fellow caregivers.

When:

Every 2nd & 4th
Tuesday
of the month
2 – 3:30 p.m.

RSVP:

ljaipaul@communitycaredurham.on.ca
or call 905-837-5709 to receive the link

Where:

Join us online
via
GoToMeeting