WHAT IS GROUP COUNSELLING?

Group counselling is a form of therapy where people with similar experiences/challenges come together with a professional counsellor. The counsellor runs the group but generally everyone contributes in some way, either by listening to others and/or talking themselves. One of the main benefits from attending a group is that students will not feel alone in facing their problems and can benefit from having a shared experience.

The SCC offers many different groups which have been developed specifically for the needs of University of Manitoba students. Our groups are free and available only to University of Manitoba students.

Be one of the many students who experience the benefits of being part of a SCC group.

MONDAY MANAGING MENTAL HEALTH AND SUBSTANCE USE (1:30 TO 3:30 PM)

Who is this group for: This closed referral group is for students who are struggling with managing their substance use and identify as having mental health concerns. Students can be referred by a SCC counsellor/UHS physician or UHS Registered Nurse.

The purpose of this group: is to help participants build on their existing strengths, manage distress that can accompany substance use and mental health concerns and provide a supportive environment to share their experiences while learning with other students harm reduction strategies that can enhance their ability to move forward.

Topics include stages of change, self-care, understanding and managing triggers and cravings, understanding and safely managing withdrawal, dealing with difficult thoughts and feeling (shame, guilt, and anxiety), effective communication strategies, identifying support networks and relapse prevention planning.

**Students are expected to attend most or all sessions. Closed to referrals once group starts.**

Winter Series: (Oct 22 - Dec 3)

1. Enhancing Self-Esteem (CBT Session)
   - Learn tools for examining biased expectations and increasing self-esteem.
   - (Nov 18, Jan 6, Feb 3, Mar 9, Apr 6, May 4, Jun 1, Jun 29)

2. Knowing and Liking Myself (ACT Session)
   - Learn how to desensitize yourself to your fears and worries through development of an anxiety exposure hierarchy.
   - (Dec 2, Jan 20, Feb 24, Mar 23, Apr 20, May 18, Jun 15, Jul 13)

3. Approaching My Fears (CBT Session)
   - Learn how to desensitize yourself to your fears and worries through development of an anxiety exposure hierarchy.
   - (Dec 2, Jan 20, Feb 24, Mar 23, Apr 20, May 18, Jun 15, Jul 13)

4. Activities Scheduling (BA Session)
   - Learn to schedule meaningful activities in to your life to promote physical and psychological health.
   - (Dec 9, Jan 27, Mar 2, Mar 30, Apr 27, May 25, Jun 22, Jul 20)

GROUP TOPICS:
- Learning what four empirically derived behaviors are a part of research that can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them.
- What you will learn: This workshop is intended to provide information about healthy relationships. You will explore and develop skills to better understand and manage your relationships with others. Participants will have an opportunity to discover their own strengths and style of relating, while gaining knowledge and resources. (6 sessions)

Fall Series 1: (Oct 1 - Nov 5)
Winter Series 1: (Jan 7 - Feb 11)
Winter Series 2: (Feb 25 - Mar 31)

- Introduction to the practice of mindfulness-based meditations over the course of the group and allowing you to respond to stressful situations differently.
- Topics covered: Students will be guided to practice a variety of mindfulness-based meditations over the course of the group and encouraged to practice meditation outside of the group to respond to stressful situations differently.
- What you will learn: Introduction to the practice of mindfulness to become more aware and accepting of your experiences non-judgmentally, allowing you to respond to stressful situations differently.

Who this group is for: Anyone who experiences some level of stress/distress.

Topics covered: Students will be guided to practice a variety of mindfulness-based meditations over the course of the group and encouraged to practice meditation outside of the group to respond to stressful situations differently.

Who this group is for: Students who are experiencing some level of stress/distress.

Topics covered: Students will be guided to practice a variety of mindfulness-based meditations over the course of the group and encouraged to practice meditation outside of the group to respond to stressful situations differently.

What you will learn: Introduction to the practice of mindfulness to become more aware and accepting of your experiences non-judgmentally, allowing you to respond to stressful situations differently.

* Six group sessions (closed to participants after the group starts). No previous experience with mindfulness-based meditations required.

FALL SERIES: (Oct 22 - Dec 3)

GROUP TOPICS:
- Learning what four empirically derived behaviors are a part of research that can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them.
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FALL SERIES: (Oct 22 - Dec 3)
STUDENT COUNSELLING CENTRE

GROUP PROGRAMMING

MASTERY OF ANXIETY & WORRY (1:30PM-3:30PM)
Who this group is for: Students whose lives are being disrupted by anxiety and/or worry.
Topics covered: This group will focus on proven strategies for helping people decrease, and be less affected by anxiety and worry.
What you will learn: The group will include learning different strategies with a focus on negative and worrying thinking as well as changing troublesome behavior. Students will be encouraged to work on goals between sessions to practice new skills and begin to manage anxiety.
* This is a 5-session group and is closed to new participants after the second session. Approximately 6 to 10 students attend each group.

Fall Series 1: (Sep 20-Oct 18)  
Winter Series 2: (Nov 1-Nov 29)

ENNEAGRAM: UNDERSTANDING YOUR PERSONALITY AND ENHANCING YOUR LIFE (10:00 AM-12 NOON)
Who this group is for: Any students who want to learn more about their personality and learn tools to cope more effectively mentally, emotionally or physically.
Topics covered: The Enneagram is one of the most ancient methods to discover one's personality type. The Enneagram consists of three centres (mind, body & heart) which identify the person's major psychological orientation to the world and the way one interacts with it.
Students will discover their main personality centre and learn specific techniques to improve their life.
Fall: (Oct 18, Oct 25, Nov 1)
Winter: (Feb 28, Mar 6, Mar 13)

BEREAVEMENT SUPPORT FOR STUDENTS
This group is for: Students who have lost a loved one through death.
Students will learn: that their emotional experiences arising from the loss of a loved one are meant to be supported in community and not endured in isolation; that a group can provide a safe forum for discussing the realities of loss and grief and a means to find comfort, resources, and hope.
Sessions: Bereavement Support takes place in accordance with student need and availability. Students interested in this service may register and the counsellor who facilitates the sessions will be in touch via email to ascertain best days and times for the majority. Sessions will be one hour in duration.
(Fall 1) 1:00 to 2:00 PM

ZONGIIGABOWIN “WE’RE STANDING STRONG”
Who this group is for: Indigenous men (First Nations, Inuit, or Métis).
What you will learn: Students will learn to identify their strengths & explore their identities as Indigenous men. They will learn skills to begin addressing issues pertaining to Indigenous men; this will, in turn, assist them in achieving their academic goals and meeting challenges in today’s world.
New members are welcome to join after the start date.
Sessions: Contact Migizii Agamik in Fall 2019
Location: Indigenous Student Centre. Migizii Agamik (Bald Eagle Lodge), 45 Curry Place, Fort Garry Campus.

CONSIDERING ATTENDING A SCC WORKSHOP?
A SCC workshops are single-session events that you can attend, in most cases, without prior registration. Our workshops usually focus on education and skill development. Workshops offered for the Fall of 2019/2020 are listed below. For more information, check our website or the SCC Workshop Brochure.
Communication and Conflict: Skills to Build Positive Relationships and Improve your Relationships with Others
Learning to Cope Series
Mid-Day Mindfulness (Helen Glass)
Mid-Day Mindfulness (474 University Centre)
Empowerment Workshop Series
The Wellness Series
Befriending Emotions
Indentity Workshop
Capacity Building Workshop
Stress Management
Workshop Series for Women
Location of all groups and workshops are held at 474 University Centre unless otherwise stated.

REGISTER FOR A GROUP BY CONTACTING:
Student Counselling Centre
474 University Centre
204-474-8592
umanitoba.ca/student/counselling

SCC groups are offered by or under the supervision of professional staff at the Student Counselling Centre.
View all groups on-line:
https://eventscalendar.umanitoba.ca/site/studentaffairs/