**WHAT IS A WORKSHOP?**

Workshops are a form of counselling where people with similar experiences/challenges come together to learn and develop skills under the direction of a professional counsellor. The counsellor runs the workshop but generally everyone contributes by listening to others and talking themselves. Workshops usually include teachings on specific topics (e.g., relationships, stress, etc.) and strategies for enhancing and/or building skills. One of the main benefits from attending a workshop is that students will not feel alone in facing their problems and can benefit from having a shared experience. Workshops are usually offered as a single session and personal sharing is minimized.

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

SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre.

**MONDAY**

**WORKSHOP SERIES FOR WOMEN (1:00 - 3:00PM)**

Who this group is for: Women who would like to learn about and improve their self-esteem.

Topics covered:
1. Recognize your basic needs - are you getting enough? Discover what self-esteem means to you and identify the qualities you like about yourself.
   *Winter: Jan 13, Feb 3, Mar 2, Apr 23, Apr 30*
2. Learn what strength means to you. Recognize your imperfections and learn how to turn them into strengths.
   *Winter: Jan 27, Feb 10, Mar 9, Mar 30, Apr 20*
3. Find out what comfort means to you. Explore the advantages and disadvantages of comfort, and learn appropriate comfort techniques.
   *Winter: Jan 27-Feb 24, Mar 6, Apr 6, Apr 27*

**TUESDAY**

**CAPACITY BUILDING WORKSHOP (10:00 -11:15AM)**

Who this group is for: Students who want to learn how to tolerate feelings of distress that can occur when they are feeling stressed or experiencing challenges in their life.

**Participants are asked to attend on time; Late participants will not be permitted to join the workshop.**

1. Understanding Distress and Managing How Your Body Responds (Jan 4)
2. Managing Thoughts and Emotions that Come With Distress (Jan 20)
3. Effective Communication in Situations Which Cause Distress (Jan 20)

**STRESS MANAGEMENT - MULTIPLE DATES & TIMES**

Who this group is for: This workshop is appropriate for any students who are interested in learning about research supported strategies for managing stress.

What you’ll learn: To be alive means you will experience stress at times. This cannot be avoided. As well, there will be times, because life can present many challenges to us, when your coping resources for managing stress are exceeded and you feel you’re unable to cope or manage. This is common for most people and also for university students because university studies is challenging and many things can stress students (e.g., exams, presentations, competition, finances, relationships, etc.).

The SCC is offering a stress management workshop to help you learn strategies to manage stress and learn how to get yourself in a relaxed muscle body. Enhancing your ability to manage stress will help you academically and in all areas of your life. During this workshop, you will learn about and practice a variety of strategies but you will not be asked to share information about your personal experiences.

**MID-DAY MINDFULNESS (12:30-1:30 PM)**

Who this group is for: Students who want to explore the topic of mindfulness meditation and learn skills to practice mindful meditation.

**Topics covered:**
1. Awareness of and understanding emotions “Informational energy”. (TBA)
3. The role of emotions in interpersonal communication and conflict resolution. (Dec 4)

**WEDNESDAY**

**BEFRIENDING EMOTIONS (2:30-3:30 PM)**

Who this group is for: Students who want to learn to help you learn strategies to manage stress and learn how to get yourself in a relaxed muscle body. Enhancing your ability to manage stress will help you academically and in all areas of your life. During this workshop, you will learn about and practice a variety of strategies but you will not be asked to share information about your personal experiences.

**Participants are asked to attend on time; Late participants will not be permitted to join the workshop.**

1. Understanding Distress and Managing How Your Body Responds (Feb 20)
2. Managing Thoughts and Emotions that Come With Distress (Feb 27)
3. Effective Communication in Situations Which Cause Distress (Mar 5)

**EMPOWERMENT WORKSHOP SERIES (1:30 - 3:00PM)**

Who this group is for: Students who want to learn to increase their ability to empower themselves in both personal and professional relationships and situations.

**Participants will not be permitted to join the workshop**

1. Boundaries (Feb 5)
2. Assertiveness (Feb 12)
3. Emotional Intelligence (Feb 19)

**LEARNING TO COPE (2:30 - 4:00 PM)**

Who this group is for: This workshop series is designed for students who would like to learn strategies to cope with difficulties that are common among university students.

Advanced registration for the workshop is not necessary but students are expected to show up on time for each session.

1. Coping with Negative Thinking *Winter: Jan 30, May 5, Apr 10*
2. Coping with Stress *Winter: Feb 6, Mar 12, Apr 16*
3. Coping with Low Self-Esteem *Fall: (Dec 5) Winter: (Feb 13, Mar 19, Apr 23)*
4. Coping with Procrastination *Fall: (Dec 12) Winter: (Feb 20, Mar 26, Apr 30)*
5. Coping with Perfectionism *Winter: Jan 23, Feb 27, Apr 2*
CONSIDERING ATTENDING ONE OF THE SCC GROUPS?
SCC groups are different from a workshop in that groups are usually more than one session and therefore offer more in-depth help for your needs. In addition, the membership of groups usually does not change after the start of the second session so you have an opportunity to become familiar with and at ease with the people in the group. Groups offered for Fall 2019/2020 are listed below. For more information, check our website or the SCC Group Programming Brochure.

- Bereavement Support for Students
- DAMN (Depression & Anxiety Management Now!)
- Psycho Educational & Processing Group
- Empowerment Group
- The Wellness Series
- Enneagram: Understanding your Personality and Enhancing your Life
- Mastery of Anxiety and Worry
- Mindfulness De-Stressing
- Relationships: Breaking Up is Hard to Do
- Relationships WTF (Why They’re Frustrating)
- Zongiigabowin “We’re Standing Strong”

Location of all groups and workshops are held at 474 University Centre unless otherwise stated.

THURSDAY

COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS (10:00 AM - 12:00 NOON)

Topics covered: Stress from life and school can and often does create stress in relationships we have with others. This workshop will focus on research derived strategies for maintaining and enhancing your relationships that are practical and effective. For example, come and find out what research has shown can predict the stability and satisfaction of your relationships with over 90% accuracy.

What you’ll learn: In this workshop you’ll learn specific strategies and skills to communicate and address conflict in a way that may be easier for others to hear without compromising the integrity of your message.

You’ll also learn about conflict styles, nonverbal communication, and gain skills to address behaviours that get in the way of connecting and communicating with others, including the four behaviours that have been empirically shown to be most damaging to communicating and building positive relationships.

Thursdays 2020: (Jan 23, Feb 13, Mar 19, Apr 16)

FRIDAY

LUCK ISN’T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES (12:00 NOON-1:30 PM)

Learn how you can create unexpected opportunities for yourself by recognizing and including chance events into your career plan.

Friday, Mar. 20, 2020 Grad Steps

GRAD STEPS WORKSHOP (12:00-2:00 PM)

Friday, Mar. 6, 2020

THE WELLNESS SERIES (1:00 PM-3:00 PM)

* For Graduate Students Only*

Collaborative Workshop Series to address factors that contribute to overall health and well being:

- Ask the Expert! Topics covered:
  - The Resilient Practitioner (Mar 6)
  - The Authentic Self (Mar 13)
  - Dealing with Procrastination when Writing Thesis and Dissertation (Mar 20)
  - Relational Intelligence; improving our relationships with Family and Friends (Mar 27)
  - Self Care and Wellness (Apr 3)

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REGISTER BY CONTACTING:
Student Counselling Centre
474 University Centre
204-474-6592
umanitoba.ca/student/counselling

SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre.

https://events.calendar.umanitoba.ca/site/studentaffairs/