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.

### 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?
   - Fall: (Sep 6, Oct 7, Nov 4, Dec 2)
   - Winter: (Jan 13, Feb 3, Mar 2, Mar 23, Apr 3)
2. Learn what strength means to you. Recognize your imperfections and learn how to turn them into strengths.
   - Fall: (Sep 23, Oct 12, Nov 18, Dec 9)
   - Winter: (Jan 20, 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.
   - Fall: (Sep 30, Oct 28, Nov 25, Dec 6)
   - Winter: (Jan 24, Feb 24, Mar 21, Apr 14, Apr 27)

### TUESDAY

**IDENTITY WORKSHOP (10:00 AM-12:00 NOON)**

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

**Sep 4, 2019 - June 24, 2020**

**Topics covered:**

1. Understanding Distress and Managing How Your Body Responds (Sep 17, Jan 24)
2. Managing Thoughts and Emotions That Come With Distress (Sep 24, Jan 30)
3. Effective Communication in Situations Which Cause Distress (Oct 29)

### 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 (Sep 17, Jan 4)
2. Managing Thoughts and Emotions That Come With Distress (Sep 24, Jan 30)
3. Effective Communication in Situations Which Cause Distress (Oct 29)

### WEDNESDAY

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

**Topics covered:**

1. Awareness of and understanding emotions “Informational energy” (Sep 18, Oct 22, Nov 26)
2. “Befriending and tending” emotions using mindful self-compassion and stress-reduction practice (Sep 18, Oct 21, Nov 27)
3. The role of emotions in interpersonal communication and conflict resolution (Sep 25, Oct 19, Nov 5, Dec 4)

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

**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.

**Capacities covered:**

1. Boundaries (Nov 27, Feb 5)
2. Assertiveness (Dec 4, Feb 5)
3. Emotional Intelligence (Dec 9, Feb 28)

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

**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. Identifying Core Values and Fundamental needs (Sep 17, Oct 29, Nov 6)
2. Understanding your mind, body and heart balance (Sep 24, Oct 15, Nov 5, Dec 21, Dec 10)
3. Empowerment through resilience (Oct 21, Nov 12, Dec 13, Dec 17)

### THURSDAY

**CAPACITY BUILDING WORKSHOP (1:00 - 2:15PM)**

**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 (Oct 13, Feb 28)
2. Managing Thoughts and Emotions That Come With Distress (Oct 20, Feb 27)
3. Effective Communication in Situations Which Cause Distress (Oct 24, Mar 5)

### 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 (Sep 19)
2. Coping with Stress (Sep 26)
3. Coping with Procrastination (Oct 26)
4. Coping with Perfectionism (Nov 26)
5. Coping with Low Self-Esteem (Dec 26)
6. Coping with Difficulties (Dec 30)
7. Coping with Low Self-Esteem (Jan 10, Feb 14)
8. Coping with Difficulties (Jan 24, Feb 27)

**SCE GROUPS ARE OFFERED BY OR UNDER THE SUPERVISION OF PROFESSIONAL STAFF AT THE STUDENT COUNSELLING CENTRE**
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 2019: (Sep 26, Oct 24, Nov 21, Dec 19)
Thursdays 2020: (Jan 23, Feb 13, Mar 19, Apr 16)

FRIDAY
THE WELLNESS SERIES: (1:30 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 (Oct 2, Mar 6)
- The Authentic Self (Oct 16, Mar 13)
- Dealing with Procrastination when Writing Thesis and Dissertation (Oct 25, Mar 20)
- Relational Intelligence; improving our relationships with Family and Friends (Nov 1, Mar 27)
- Self Care and Wellness (Nov 8, Apr 3)

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

Friday, Nov. 8, 2019 Friday, Mar. 6, 2020

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

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THURSDAY

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, Nov. 1, 2019 Grad Steps
Friday, Mar. 20, 2020 Grad Steps

MULTIPLE DATES & TIMES

STRESS MANAGEMENT

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.

Fall Dates:
- Thu Sep 26, (2:00-3:30 pm)
- Thu Oct 3, (2:00-3:30 pm)
- Fri Oct 4, (8:00am-3:30pm)
- Tue Nov 26, (2:00-3:30pm)
- Thu Dec 5, (2:00-3:30pm)
- Thu Dec 12, (11:00am-12:30pm)

Winter Dates:
- Mon Jan 20, (10:00-12:30pm)
- Tue Jan 28, (10:00am-12:30pm)
- Thu Feb 13, (2:00-3:30pm)
- Tue Mar 1, (2:00-3:30pm)
- Thu Mar 17, (10:00-12:30pm)
- Wed Apr 1, (2:00-3:30pm)

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)
- Zongigabowin "We’re Standing Strong"

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

REGISTER BY CONTACTING:

Student Counselling Centre
474 University Centre
204-474-8592
umanitoba.ca/student/counselling

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

WORKSHOPS

DROP-IN WORKSHOPS: 2019-2020

https://eventcalendar.umanitoba.ca/site/studentaffairs/