

BODY IMAGE

(in-person) DANNA McDONALD

Who this group is for: Having a negative body image impacts us in many ways: low self esteem, less confidence, disordered eating, and often, a constant uncertainty about our own self worth. If you are struggling with your relationship with your body, join us for a five week group to learn strategies to improve your body image and be more content with yourself. This group is open to people of all genders and body sizes. [A short screening meeting is required before joining](#) . We will explore our relationship with body image all through a Feminist informed, body affirming perspective . We'll also learn strategies to improve our relationship with our body by changing our thoughts and behavior's.

2:30 to 4:00 pm Thursdays
Feb 6, 13, 27 Mar 6, 13

TAKING CARE IN THE CLIMATE

EMERGENCY (in-person) LISA MARTENS

For Grad and Undergrad Students who want to connect with others who care deeply about the climate emergency, and who experience fear or despair related to climate change.

Check in and share ideas for coping, action, living with enormous systemic problems, and dreaming up a better future.

Let's talk about engaging the climate emergency in ways that show care for the climate / world, our close relationships, and our 'internal worlds' of thoughts, emotions, etc.

We'll use a narrative therapy and other approaches, humour, acknowledgement of grief, and other approaches to the Climate Crisis.

4 weeks, every other Thursday; 2:30 to 3:45 pm
Feb 27th, Mar 13, 27, Apr 10

YOU'RE NOT ALONE: A SUPPORT GROUP FOR TRAUMA SURVIVORS

(in-person) LORI MAC

Who this group is for: Anyone who has experienced trauma & who has attended Part 1 & 2 of this counsellor's "It's Over But It's Not: Understanding and Managing the Ongoing Impact of Trauma" workshop.

This group is a place to talk about the experience of trauma in a safe and supportive space, and to be with others who have a shared experience and can support one another. This group is focused on an open discussion related to the experience of going through and managing trauma, not discussing or sharing specific details of any one person's experience, as that has been shown to not be helpful in a group setting. See website group description for possible discussion topics.

You may come to as many or as few sessions as you like or find helpful. This group will occur monthly and each session will be 90 minutes long.

Please call the SCC office to be added to the registration list for this group. The group will be scheduled based on the availability of the students.

MINDFUL DE-STRESS

(in-person) TIM OSACHUK

Who this group is for: Any U student experiencing some level of stress/ distress.

What you will learn: Participants will be introduced to the practice of mindfulness to become more aware and accepting of their experiences non-judgmentally, allowing them to respond to stressful situations in different ways. Participants will be guided to practice a variety of mindfulness-based meditations over course of the group.

1:30 to 3:30 pm Fridays
Feb 28 to Apr 4

"MAKING MEANING ABOUT ME": UNDERSTANDING & LEARNING TO EXPRESS OUR EMOTIONS IN A GOOD WAY' (in-person)

LINDA CHURCHILL

Who this Group is for: For students who would like to better understand their emotions and express them in healthy ways.

Topics include:

1. What are emotions and why do they exist?
 2. Exploring our History with Emotions
 3. Becoming Mindful of our Emotions
 4. Awareness of Our Defenses and Calming our Fears
 5. Letting Go and Letting Be
 6. Practicing Acceptance & Connecting with Others
- (for optimal results, best to attend all sessions)**

2:30 to 4:00 pm Thursdays
Feb 6 to Mar 13

QUEERLY BELOVED

(in-person)

KARLA PENNER & MICHELLE COLLINS

Who this Group is for: Queer students and allies who have experienced harm and hurt through your faith community simply because of your identity, who you love, or who you support. You will be welcomed and supported whether you have left your faith, are grappling with whether or not to stay, or are choosing to remain in your faith community.

What will be covered in this Group: hearing the stories of others on a similar pathway, affirmations of your worth and value, identity formation, ways of processing, healing, grief & loss, boundary creation, looking forward with hope, connecting with your spiritual self and with community.

Please call the SCC office to be added to the registration list for this group. The group will be scheduled based on the availability of the students.

STUDENT COUNSELLING CENTRE

GROUPS - WINTER 2025

Our groups provide an opportunity to join with other students to explore and discuss topics in-depth.

Call us at 204-474-8592 or drop by in-person at 474 UMSU University Centre to Register

Please go to our website to see a more detailed description of our groups.



CIRCLE OF SECURITY PARENTING™ PROGRAM (in-person)

Anissa Penner & Francene Pehinec

This group is for anyone who is juggling student life and parenting/caregiving.

At times all parents feel lost or without a clue about what our child might need from us. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Topics Covered:

- Attachment styles
- How to support your child learning about big feelings
- How to support yourself while learning about your own parenting triggers
- "Good enough" parenting

12:30 to 2:30 pm Mondays
Jan 13 to Mar 3

ENNEAGRAM: UNDERSTANDING & ENHANCING YOUR LIFE

(in-person) MARLENE POMRENKE

This three session group explores the Enneagram and leads students into a path of self-discovery. Using the nine spaces of the Enneagram as tools, students can begin to explore personality types as well as finding ways to bring balance to their lives. Benefits include insight into self and relationships. As well, understanding the symbols of the Enneagram calls attention to each part of ourselves, Head, Heart and Body. Unlocking this tool promotes personal growth and helps us understand the connections between personality, essence and spirituality.

11:30 to 1:30 pm Tuesdays
Jan 21, 28 Feb 4

RELATIONSHIPS: WTF! (WHY THEY'RE FRUSTRATING) (in-person)

LORI MAC

Who this group is for: Anyone who is feeling frustrated with family, friends, co-workers, or a romantic partner and anyone having difficulty relating to them or getting along. It is also great for anyone who would like to improve relationships that are going well. You will learn 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 will you learn: This workshop is intended to provide information about healthy relationships. You will explore and develop skills to better understand and manage your relationships. Participants will have an opportunity to discover their own strengths and style of relating, while gaining knowledge and resources.

1:30 to 3:30 pm Mondays Feb 24 to Mar 31

LOSS & GRIEF SUPPORT FOR STUDENTS (in-person)

LINDA CHURCHILL

Loss and Grief are meant to be witnessed in community, not merely endured alone.

Who this group is for: Students who have lost a loved one because of a death. Students will encounter other students living with the impact of loss. Linda will establish a safe and respectful space for participants to openly share their experience, share memories of their loved ones, and learn healthy ways to take care of their grief.

Topics include:

1. What is grief and why do we experience it?
2. Cultural Considerations about Loss & Grief
3. Emotions associated with grief
4. Self-Compassion
5. Building a Legacy

Linda will also provide information and handouts.

For optimal results & helpful group process it is best to attend all 6 sessions.

2:30 to 4:00 pm Tuesdays Feb 4 to Mar 11

STUDENTS ON THE SPECTRUM (in-person)

KARLA PENNER

Who this group is for: Autistic students with official or self-diagnosis and students who suspect they may be Autistic. Students will find a safe place to connect, validate, inform, and support each other while exploring unique challenges and experiences Autistic adults face. There are no expectations for masking, talking, contributing, etc. unless you choose to.

Topics Covered:

- masking, communication, relationships, identity, emotions, self-advocacy, etc.

Group Details:

- call SCC Reception and Karla will talk to you about your availability
- Karla will pick dates and a time that works for the most students.
- This group will be six sessions (in consecutive weeks) and each session will be 90 minutes long.

HEALING THE SOUL WOUNDS OF RACIALIZED TRAUMA (in-person)

Michelle Pearson & Edger French

This six week group is for students who identify as BIBOC (Black, Indigenous Bodies of Culture) and who are seeking to heal the soul wounds of Racialized trauma. We will focus on understanding the impact of Racialized trauma, recognizing how Racialized trauma may be presenting in the body and learning individual and community healing strategies to help settle the body. This group will focus on active body practices and processing of feelings that arise within the body when considering Racialized trauma.

1:00 to 2:15 pm Tuesdays
Jan 21, 28 Feb 4, 11

PAY ATTENTION! (in-person & zoom)

KIM KILEY

Who this group is for: This group is for students who have been diagnosed with or suspect they have ADHD. Attending all sessions of the group is recommended, students can attend as many or as few of the group sessions as they desire.

Topics Covered:

- Session 1: Managing my attention and focus
- Session 2: Organizing myself and my time
- Session 3: Managing my distracting and negative thoughts.
- Session 4: Improving my self-esteem & social connections.
- Session 5: Understanding & regulating emotions.

Students will learn about how relate to ADHD and discuss ways to manage these difficulties. The group also provides participants the opportunity to connect with other students with ADHD.

Jan 24 to Feb 21 Zoom 10:30 to 12:30 pm Fridays
Students must be in Manitoba to attend the zoom sessions.

Feb 24 to Mar 24 In-person 1:30 to 3:30 pm Mondays

MASTERY OF YOUR ANXIETY & WORRY (in-person)

JOSHUA LeCLAIR & CHRISTINA SANDER

This group is for any student experiencing anxiety. **What you will learn:** Participants will learn strategies to cope more effectively with anxiety and worry which are part of everyday life and can sabotage our dreams and goals. This group will help you manage anxiety and worry by providing strategies to calm your body and understand and change your thinking to help you be more self supporting.

1:30 to 3:30 pm Fridays
Jan 17 to Feb 14 Josh Feb 28 to Mar 28 Christina