

**COMMUNICATION & CONFLICT:  
SKILLS TO BUILD POSITIVE  
RELATIONSHIPS & IMPROVE YOUR  
INTERACTIONS WITH OTHERS  
(In Person & Zoom)** **LORI MAC**

**This workshop is for:** Anyone who would like to learn information and practical strategies to maintain and enhance their relationship with others. This workshop applies to all types of relationships. Stress from life and school can and often does create stress in relationships we have with others. 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 behaviors that have been empirically shown to be most challenging to communicating and building positive relationships.

**Students must be in Manitoba to attend the zoom sessions**

**Thursdays—10:00 to 12:00**

**May 1** zoom    **June 5** in-person

**STRESS & WELLNESS 101 (In-person)**

**Who this workshop is for:** This 3 session workshop series is for students wanting to enhance and expand their coping with stress and distress.

**What you will learn:**

Session 1: **Foundations of Wellness** - self-compassion and forgiveness, the importance of nutrition, ways to improve your sleep and other stress reduction strategies;

Session 2: **Calming your Body** - breathing techniques, progressive muscle relaxation, visualization activities and more);

Session 3: **Calming Your Mind** - mindful observation of thoughts, unhelpful thinking traps and strategies for challenging negative thinking and being more self-supportive.

**We invite you to attend all three workshops or only those that fit your needs.**

**May 7, 14, 21 (Weds) 2:00 to 3:50**

**May 28, Jun 4, 11 (Weds) 2:00 to 3:50**

**Jun 18, 25, Jul 2 (Weds) 2:00 to 3:50**

**OVERCOMING AVOIDANCE: HOW TO  
AVOID AVOIDANCE (In-Person)**

**MICHELLE PEARSON**

Avoidance is one of the greatest barriers to change. All of us engage in avoidance behaviors every day. Have you ever procrastinated? Avoidance. Ever put off a difficult conversation? Avoidance.

Postponed an appointment or meeting? Avoidance. Ever put off that New Year's resolution? Avoidance. This group is for students who want to learn how avoidance prevents you from confronting your anxiety, fears or road blocks so you can reach the goals you have set for yourself. This group will provide a variety of strategies to help you overcome avoidance.

**Tuesdays—10:00 to 11:30**

**May 20<sup>th</sup>:** What is Avoidance? Challenging the Pros and Cons of Avoidance

**May 27<sup>th</sup>:** Behavioral Activation: Let your actions guide your mood; move outside the box

**June 3:** Challenging Your Thoughts: Knowing what fact versus feeling is

**June 10:** Setting SMART Goals and Hierarchies for Change

**June 17:** Resolving Challenges and Moving Roadblocks

**STUDENT COUNSELLING  
CENTRE  
GROUPS AND WORKSHOPS  
SPRING/SUMMER 2025**

**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 each group and workshop.



## Workshops and Groups

Counselling workshops and groups are an effective way to get help for a variety of difficulties. For many problems, workshops and groups are better options than individual counselling.

SCC workshops help students build skills for coping and do not require personal sharing. Our workshops cover topics like stress management, conflict resolution, self-esteem, relationships, and meditation.

SCC groups are different from workshops in that they are more than one session and you will have the same people in your group from week to week. Groups allow an opportunity for more in-depth help for your needs. Our groups focus on helping students with depression and anxiety, relationship challenges, substance use, climate anxiety, attention and focus, grief and more.

Students who have attended SCC workshops and groups have told us that they are very helpful and that they would recommend them to fellow students:

- “The workshop gave me exactly what I needed.”
- “It was nice to hear from other students and not feel as alone.”
- “I wish the group could have gone on for more sessions.”

### PAY ATTENTION! (Zoom) KIM KILEY

**Who this group is for:** Any students who have been diagnosed with ADHD or suspect that they have ADHD.  
**Topics covered are:** Each session will cover a specific topic that is relevant for students with ADHD. Students will learn about how these topics relate to ADHD and discuss ways to manage these ADHD related difficulties. Although attending all sessions is encouraged, students can attend as many of the group topics as they desire. Session topics are as follows:

**May 20 to June 17 (Tuesdays) 2:30 to 4:30**

**May 20:** Managing My Attention & Focus

**May 27:** Organizing Myself & My Time

**June 3:** Managing My Distracting & Negative Thoughts

**June 10:** Improving My Self-Esteem and Social Connection

**June 17:** Understanding & Regulating My Emotions

### SELF-COMPASSION (in-person)

DANNA MCDONALD

**Topics covered:** If you’re like most people, you’re much nicer to other people than to yourself. Ready to do something different? Research on self-compassion shows that it can increase our motivation and reduce self-blame and self-criticism. This is a short monthly workshop, and each session will introduce the idea of self-compassion and offer a different activity. You’re welcome to attend one or several of the sessions.

**Mondays - 12:30 to 1:30**

Apr 14, May 5, Jun 2

### LEARNING TO COPE (Zoom)

KIM KILEY

**This workshop is for:** Any students who would like to learn strategies to cope with difficulties that are common among university students.

**Topics covered are:** Each session focuses on a specific topic: procrastination, perfectionism, sleep difficulties, and low self-esteem. Students will learn about the session topic and coping strategies to start addressing these difficulties.

**July 8 to July 29 (Tuesdays) 2:30 to 4:00**

**July 8:** Procrastination

**July 15:** Low Self-Esteem

**July 22:** Sleep Difficulties

**July 29:** Perfectionism

### TAKING CARE IN THE CLIMATE EMERGENCY (in-person)

LISA MARTENS

Is the Climate Emergency getting you down?

Meet with others who care deeply about the climate. Share ideas for coping, action, and dreaming up a better future.

**Registration is ongoing.**

The meetings will be indoors unless all students participating agree to meet outdoors, on campus (weather permitting).

**Four Thursdays throughout May and June**

**Thursdays—2:45 to 4:00**

Dates: **May 8, 22, June 5, 19**

### IT'S OVER BUT IT'S NOT:

### UNDERSTANDING AND MANAGING THE ONGOING IMPACT OF TRAUMA (In Person & Zoom) LORI MAC

**Who is this workshop for:** Anyone who has experienced trauma. Trauma can include physical/sexual assault, physical/ sexual/ emotional abuse, accidents, experiencing crime e.g., mugging, bulling, experiencing a natural disaster, etc.

- Learn about and understand what happens in our bodies and brain when we experience trauma (this includes how your brain made the decision how to survive, not you)
- Learn quick and effective strategies to calm and ground ourselves to manage triggers and anxiety.
- This workshop is focused on learning and skill building: Increase your control over your body and reactions.

**There is no personal sharing in this workshop.**

**Students must be in Manitoba to attend the zoom sessions.**

**Thursdays—2:30 to 4:30**

This is a 2-session workshop

#### Part One

May 1	zoom
June 5	in-person
July 10	zoom

#### Part Two

May 8	zoom
June 12	in-person
July 17	zoom