

## SCC Groups

SCC Groups provide an opportunity for more in-depth exploration and help for a variety of needs and difficulties. The groups we have scheduled for the winter 2025 term follow. For more detailed information on these groups, check out groups brochure or go to our website.

- Enneagram: Understanding and Enhancing Your Life
- Healing the Soul Wounds of Racialized Trauma
- Loss and Grief Support for Students
- Making Meaning About Me: Understanding and Expressing Emotions in a Good Way
- Mindfulness De-stress
- Pay Attention
- Queerly Beloved
- Relationships: Why They're Frustrating
- Students on the Spectrum
- Taking Care in the Climate Emergency
- Body Image
- Circle of Security Parenting Program
- Mastery of Your Anxiety and Worry
- You're Not Alone: A Support Group for Trauma Survivors.

### WHAT OTHER FACTORS CONTRIBUTE TO OVERALL HEALTH AND WELL BEING AS A UNIVERSITY STUDENT (in-person)

MICHELLE PEARSON

**Who this workshop is for:** A five session stand-alone workshop series to help students recognize other factors that may be contributing to their academic performance and sense of overall well being..

#### Topics covered:

- February 3: Managing Anticipatory Anxiety when Prepping for Tests and Exams;
- February 10: Impostor Syndrome;
- February 24: Boundaries and Assertiveness;
- March 3: Conflict Resolution;
- March 10: Choosing Harm Reduction Strategies when Big Issues Arise.

**10:30 to 12:00 noon Mondays**

### LUCK ISN'T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES (zoom) LORI MAC

**This workshop is for:** Anyone who is thinking about or in the process of career planning. Learn how you can create unexpected opportunities for yourself by recognizing and including chance events into your career plan

**\*Only for Graduate Students and Students must be in Manitoba to attend**

**2:30 to 4:00 pm Thursday February 13**  
Graduate Students can register via Grad Steps

### LEARNING TO COPE

(in-person) KIM KILEY

**This workshop 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. Each session focuses on a specific topic: Procrastination, Perfectionism, Sleep, and Low Self-Esteem. Students will learn about these topics and coping strategies to start addressing these difficulties.

- February 19: Procrastination
- February 26: Low Self-Esteem
- March 5: Sleep Difficulties
- March 12: Perfectionism

**2:30 to 4:00 pm Wednesdays (in-person)**

### RELATIONSHIPS: COPING WITH THE LOSS OF A ROMANTIC RELATIONSHIP (zoom) LORI MAC

**Who this workshop is for:** this one-session, 3 hour workshop is for anyone who has experienced the break-up of a romantic relationship.

#### Topics Covered:

Stages of a break-up and the emotions involved, grief and coping, self-care, learning from the past, identity, self-esteem, learning about letting go.

**\*Students must be in Manitoba to attend**

**2:30 to 5:30 pm Tuesday March 11**

## STUDENT COUNSELLING CENTRE

### WORKSHOPS - WINTER 2025

Our workshops are a wonderful way to build and enhance your skills to manage life's challenges.

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 workshops.



University  
of Manitoba

## STRESS & WELLNESS 101 (In-person & zoom)

**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.**

- Jan 9, 16 23 (Thursdays) 1:00 to 2:50 pm  
**Jan 27, Feb 3, 10 (Mondays) 10:30 to 12:20\***  
Feb 13, 20, 27 (Thursdays) 10:00 – 11:50 am  
Feb 26, Mr 5, 12 (Wednesdays) 1:30 - 3:20 pm  
Mr 13, 20, 27 (Thursdays) 1:00 to 2:50 pm  
Mr 31, Apr 7, 14 (Mondays) 10:30 to 12:15pm  
  
Apr 17, 24, May 1 (Thursdays) 1:00 to 2:50pm  
  
May 7, 14, 21 (Wednesdays) 2:30 to 4:20 pm  
**\*Jan 27, Feb 3 & 10 Sessions are via Zoom**

## COMMUNICATIONS & CONFLICT: SKILLS TO BUILD POSITIVE RELATION- SHIPS & IMPROVE YOUR INTER- ACTIONS WITH OTHERS (In-person and zoom) LORI MAC

**This workshop is for:** Anyone who would like to learn information and practical strategies to maintain and enhance their relationships. This workshop applies to all types of relationships.

We will focus on research derived, practical and effective strategies for maintaining and enhancing your relationships. Learn what can predict relationship stability and satisfaction with over 90% accuracy. You'll also learn strategies and skills to communicate and address conflict.

### For Zoom session - Students must be in Manitoba to attend

**10:00 to 12:00 noon Thursdays**

January 30 zoom      May 1 zoom  
February 27 zoom      June 5 in-person  
March 27 in-person  
*Grad Steps March 14 1:30 to 3:30 pm*



## IT'S OVER BUT IT'S NOT: UNDERSTANDING AND MANAGING THE ONGOING IMPACT OF TRAUMA (in-person and zoom) LORI MAC

**Who is this workshop for:** Anyone who has experienced trauma. Trauma can include physical or sexual assault or abuse, emotional abuse, experiencing crime, bullying, experiencing a natural disaster, experiencing war, traffic accidents, sudden loss of someone through violence or suicide, or experiencing a life-threatening illness.

If you have experienced a traumatic event that is continuing to affect you, consider attending this workshop to:

- 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.

**No personal sharing about your specific experience happens in this workshop.**  
**Participants are not asked to speak.**

### \*For Zoom session - Students must be in Manitoba to attend

**Thursdays 2:30 to 4:30 pm**

P1 Jan 30	P2 Feb 6	zoom
P1 Feb 27	P2 Mar 6	zoom
P1 Mar 20	P2 Mar 27	in-person
P1 May 1	P2 May 8	zoom
P1 Jun 5	P2 Jun 12	in-person
P1 Jul 10	P2 Jul 17	zoom

## MID-DAY MINDFULNESS (in-person) TIM OSACHUK

**Who is this workshop for:** This is a single session workshop and is open to any U of M student. No previous experience with mindfulness based meditation is required.

**What you will learn:** In each session participants are introduced to the practice of mindfulness to become more aware and accepting of their experience's non-judgmentally, allowing them to respond to stressful situations in a different way.

**January 2025 through June 2025**

**12:30 to 1:30 pm Wednesdays**

## SELF-COMPASSION (in-person)

DANNA MCDONALD

**This workshop is for:** Students of any gender who want to increase their sense of contentment and self-worth, reduce perfectionism or harsh self-talk, and have a more peaceful relationship with themselves.

**Topics covered:** Self-compassion is a way of approaching our thoughts and feelings with kindness. But it is not just about being nicer to ourselves; research on self-compassion shows that it can increase our motivation and reduce self-blame and self-criticism. Each session will introduce the idea of self-compassion and offer a different activity, and participants are welcome to attend one or several of the sessions.

This workshop is offered monthly on Mondays from 12:30 to 1:30 pm

**January 20th, February 10th, and March 10th**