

**TAKING CARE IN THE CLIMATE
EMERGENCY (In-person) Lisa Martens**

Who is this group for: Students who want to connect with others and who care deeply about the climate emergency. 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 variety of approaches including humour and acknowledgment of grief.

**Meets every 2nd Friday
Feb 6 to Mar 20 (Fri) 2:45 to 4pm**

**BODY IMAGE (In-person)
Danna McDonald**

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. **Who is this group for:** 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. **What you will learn:** 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.

**February 5-March 12 (Thurs) 12:30-2:00pm
(no gathering Feb. 19)**

**QUEERLY BELOVED (In-person)
Karla Penner
Offered in room 524 Multi-Faith Centre**

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 you can expect:** 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.

Jan 27 to Mar 17 (Tues) 2:30 to 4:00 pm

**HEALING THE SOUL WOUNDS OF
RACIALIZED TRAUMA (In-person)
Michele Pearson & Edgar French
Offered in room 524 Multi-Faith Centre**

Who is this group for: This four week group is for students who identify as BIBOC (Black, Indigenous Bodies of Culture) **What you will learn:** 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.

Jan 19 to Feb 9 (Mon) 12:30 to 2:00 pm
With an additional 15-minute holding space for students who may need time to settle before returning to their day

**PAY ATTENTION! (In-person & Zoom)
Kim Kiley**

Who is this group for: This group is for students who have been diagnosed with or suspect they have ADHD. Although, attending all sessions of the group is recommended, students can attend as many or as few of the group sessions as they desire. Students must be in the province of Manitoba to attend sessions offered via Zoom. **Session 1 Managing my attention and focus**
Session 2 Organizing myself and my time
Session 3 Managing my distracting & negative thoughts
Session 4 Improving my self-esteem & social connections
Sessions 5 Understanding & Regulating my emotions
What you will learn: How these topics relate to ADHD and discuss ways to manage these difficulties. The group also provides participants the opportunity to connect with other students with ADHD.

**Jan16 to Feb 13 (Fri) 1:30 to 3:30pm (zoom)
Feb 24 to Mar 24 (Tue) 1:00 to 3:00pm (in-person)**

**“MAKING MEANING ABOUT ME”:
UNDERSTANDING & LEARNING TO
EXPRESS OUR EMOTIONS IN A GOOD
WAY’ (In-person) Linda Churchill**

Who is this group for: Students who would like to better understand their emotions and express themselves in healthy ways. **What you will learn:**

- What are emotions and why do they exist?
- Exploring our history with emotions
- Becoming mindful of our emotions
- Awareness of our defenses and calming our fears
- Practicing acceptance
- Connecting with others

Feb 10 to Mar 17 (Tues) 2:30 to 4:00 pm

**RELATIONSHIPS: WTF! (WHY THEY'RE
FRUSTRATING) (In-person) Lori Mac**

Who is this group for: Anyone who is feeling frustrated with family, friends, co-workers, or a romantic partner and anyone having difficulty relating to them, communicating or getting along. It is also great for anyone who would like to improve relationships that are going well. **What you will learn:** This group is intended to provide information about healthy relationships. You will explore and develop skills to better understand and manage your relationships, including learning what four empirically derived behaviors can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them. Participants will also have an opportunity to discover their own strengths and style of relating, while gaining knowledge and resources. This group 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.

Feb 23 to Mar 30 (Mon) 1:30 to 3:30 pm



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 counselor'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.

Wednesdays - 2:30 to 4:00 pm

Jan 14, Feb 4, Mar 4, Apr 1 May 6, Jun 3

MASTERY OF YOUR ANXIETY & WORRY (In-person)

Sarah Hulscher & Reegan McCheyne

Who is this group for: Any student experiencing anxiety.

What you will learn: Participants will learn a number of 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.

Sarah Hulscher

Jan 16 to Feb 13 (Fri) 1:30 to 3:30 pm

Reegan McCheyne

Feb 27 to Mar 27 (Fri) 1:30 to 3:30 pm

STUDENTS ON THE SPECTRUM (SOS) (In-person) Karla Penner

Who is this group 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.

Show up as you are - as you are comfortable!

Topics may include: Identity, ableism, masking, burnout, communication challenges, relationships, emotional regulation, self-advocacy.

Jan 26 to Mar 16 (Mon) 12:30 to 2:00 pm

This group will be six sessions (in consecutive weeks) and each session will be 90 minutes in length.

LOSS & GRIEF SUPPORT FOR STUDENTS (In-person) Linda Churchill

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

Who is this group for: 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

- What is grief and why do we experience it?
- Emotions associated with grief
- Styles of grieving
- De-mystifying grief
- Healthy grieving
- and more depending on participant need

Linda will also provide information and handouts. For optimal results and helpful group process it is ideal for participants to attend all 6 sessions.

Feb 12 to Mar 19 (Thurs) 2:30 to 4:00 pm

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.

Who is this group for: Any students who want to learn how avoidance prevents you from confronting your anxiety, fears or roadblocks so you can reach the goals you have set for yourself.

What you will learn: This group will provide a variety of strategies to help you overcome avoidance.

- What is Avoidance? Challenging the pros & cons of avoidance
- Behavioral Activation: Let your actions guide your mood; move outside of the box
- Challenging your Thoughts; Knowing what fact versus feeling is
- Setting SMART goals & hierarchies for change
- Resolving challenges & Moving Roadblocks

Feb 24 to Mar 24 (Tues) 10:00 to 11:30 am

MINDFUL DE-STRESS (In-person) Tim Osachuk

Who is this group for: Any University 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 the course of the group.

Feb 27 to Mar 27 (Fri) 1:30 to 3:30 pm



STUDENT COUNSELLING CENTRE (SCC) WINTER GROUPS 2026

To register please
contact the SCC
at 204-474-8592



**University
of Manitoba**

For a more detailed description of each group go to: umanitoba.ca/student_counselling_centre