

STRESS & WELLNESS 101 (In-person & Zoom) Various Counsellors

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

What you will learn:

Foundation of Wellness - session 1

- self compassion and forgiveness, the importance of nutrition, ways to improve your sleep and other stress reduction strategies

Calming your Body - session 2

- breathing techniques, progressive muscle relaxation, visualization activities and more

Calming your Mind - session 3

- 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 12, 19,26 (Mon) 2:30 to 4:20 pm (in-person)

Jan 29, Feb 5, 12 (Thur) 10:00 to 11:50 am (zoom)

Feb 13, 20, 27 (Fri) 1:30 to 3:20 pm (in-person)

Mar 2, 9, 16 (Mon) 2:30 to 4:20 pm (in-person)

Mar 19, 26, Apr 2 (Thur) 10:00 to 11:50 am (in-person)

Apr 8,15,22 (Wed) 1:30 to 3:20 pm (zoom)

Apr 28, May 5, 12 (Tue) 1:30 to 3:20 pm (in-person)

May 13, 20, 27 (Wed) 1:00 to 2:50 pm (in-person)

Jun 11, 18, 25 (Thur) 10:00 to 11:50 am (in-person)

RELATIONSHIPS: COPING WITH THE LOSS OF A ROMANTIC RELATIONSHIP (Zoom) Lori Mac

Who is this workshop for: Anyone who has experienced the break-up of a romantic relationship.

What you will learn: 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.

This is a one session, 3 hour workshop

Mar 10 and May 5 (Tues) 2:30 to 5:30 pm

Zoom session - Students must be in Manitoba to attend

FEEL MORE AT HOME DURING YOUR STUDIES: SKILLS FOR INTERNATIONAL STUDENTS (In-person) Alma Berg & Michelle Pearson

Who is this workshop for: This workshop series is for international students who would like to learn more about themselves, feel less alone on campus, and start reflecting on their unique challenges in a kinder way.

What you will learn: An Internal Family Systems (IFS)-informed way to understand your inner world as a set of parts – like a planner, self-critic, language-guard, or avoider. We'll practice spotting which parts show up through various contexts and challenges that come with relocating to Canada:

Session 1 Belonging & Loneliness

Session 2 Voice & Language

Session 3 Academics, Perfectionism & Imposter Syndrome

Session 4 Cultural Transition

Session 5 Money & Self-Reliance

Feb 26 to Mar 26 (Thurs) 10:00 to 11:15 am

LEARNING TO COPE (In-person) Kim Kiley

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

What you will learn: Each session focuses on a specific topic, students will learn about the session topic and coping strategies to start addressing these difficulties.

Session 1 Low Self-Esteem

Session 2 Sleep Difficulties

Session 3 Perfectionism

Session 4 Procrastination

Jan 21 to Feb 11 (Weds) 1:30 to 3:00 pm

EMPOWERMENT: BOUNDARIES & ASSERTIVENESS (In-person) Michelle Pearson

Who is this workshop for: Any student that would like to feel more empowered in day-to-day interactions and when difficult situations arise.

What you will learn: The importance of boundaries, types of boundaries, If you need to set boundaries, cultural considerations and context when setting boundaries, The Six Ways to Say No and helpful responses when experiencing boundary violations.

Myths and facts related to assertiveness, the value of assertive communication, Understanding your *Personal Bill of Rights*; The 4-Part I Statement and how to respond assertively with practical tips and skills on a daily basis.

Tuesdays 10:00 to 11:15 am
Jan 27-Boundaries Feb 3-Assertiveness



STUDENT COUNSELLING CENTRE (SCC)

WINTER WORKSHOPS 2026

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



For a more detailed description of each workshop go to: umanitoba.ca/student-counselling-centre

COMMUNICATION & CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS & IMPROVE YOUR INTERACTIONS WITH OTHERS (In-person and Zoom) Lori Mac

Who is this workshop for: Anyone who would like to learn information and practical strategies to maintain and enhance their relationships with others. This workshop applies to all types of relationships, e.g., with friends, family, partners, peers, co-workers, etc..

What you will learn: This workshop will focus on research derived strategies for maintaining and enhancing your relationships that are practical and effective. Find out what research has shown can predict the stability and satisfaction of your relationships with over 90% accuracy. You'll also learn specific strategies and skills to communicate and address conflict, as well as about conflict styles and nonverbal communication.

Zoom session - Students must be in Manitoba to attend

10:00 to 12:00 noon (Thurs)			
Jan 29	Zoom	Feb 26	Zoom
Mar 26	in-person	Apr 30	Zoom
Jun 4	in-person		
Grad Steps Friday, Mar 13 1:30 to 3:30pm Zoom			

BEING THERE WITH CARE: SUPPORTING A LOVED ONE WHO HAS GONE THROUGH TRAUMA (In-person & Zoom) Lori Mac

The effects of trauma can live on past the traumatic experience(s), and carry into other parts of life and relationships.

Who is this workshop for: Anyone who has a family member, partner, or loved one who has experienced trauma, and wants to learn more about the impact of trauma and how to both give support and take care of yourself.

What you will learn: You will gain an introductory understanding of what trauma is, what happens in an individual's body and brain when they experience trauma, why actions/reactions that seem confusing actually make sense from a trauma-informed perspective, the ongoing impact and challenges trauma can have and what is helpful in managing these, as well as how to respond when someone tells you they have experienced trauma.

Zoom session - Students must be in Manitoba to attend

Thursdays - 2:30 to 4:30 pm
Feb 12 (Zoom) & Mar 19 (in-person)

MID-DAY MINDFULNESS (In-person) Tim Osachuk

Who is this workshop for: This single session workshop is open to any university students. No previous experience with mindfulness based meditation is required.

What you will learn: 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.

Wednesdays Jan to June 12:30 to 1:30 pm

LUCK ISN'T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES (Zoom) Lori Mac

Who is this workshop 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 plans.

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

Friday February 13th 2:30 to 4:00 pm
Grad Students can register via Grad Steps

SELF-COMPASSION (In-person) Danna McDonald

Who is this workshop 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.

What you will learn: 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.

Monthly Jan 12 to Apr 6 (Mon) 12:30 to 1:20 pm

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, neglect, physical/sexual/emotional abuse, experiencing a crime (e.g. mugging), bullying, experiencing a natural disaster or war, traffic accidents, sudden loss of someone through violence or suicide, racialized or intergenerational trauma, experiencing a life-threatening illness.

What you will learn:

- What happens in our bodies and brain when we experience trauma (this includes how your brain made the decision how to survive, not you).
- 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 are not asked to speak.

Zoom session - Students must be in Manitoba to attend

Thursdays 2:30 to 4:30 pm (this is a 2 session workshop)

<u>Part 1</u>	<u>Part 2</u>	
Jan 29	Feb 5	Zoom
Feb 26	Mar 5	Zoom
Mar 26	Apr 2	in-person
Apr 30	May 7	Zoom
Jun 4	Jun 11	in-person
Jul 2	Jul 9	Zoom