ABOUT WORKSHOPS & GROUPS

Our workshops and groups help students build skills, improve well-being, and address a wide range of mental health concerns. Workshops are typically single-session or two-session, educational experiences that teach practical strategies for topics and they do not require participants to share personal experiences. Groups meet over multiple sessions with the same participants, providing a supportive environment for more in-depth learning, connection building, discussion, and personal growth. All SCC workshops and groups are led by SCC counsellors. Whether you are looking to develop new coping skills or explore challenges more deeply, workshops and groups are effective ways to access support and enhance your mental health.

UNDERSTANDING & HEALING THE SOUL WOUNDS OF RACIALIZED TRAUMA

(In-person - 523 Multi-faith & Spiritual Care Centre)
Michelle Pearson & Edgar French

Who is this group for: This two-part workshop series is for students who identify as Black, Indigenous, and Bodies of Culture and will focus on understanding the impact of racialized trauma. Students will be able to recognize how racialized trauma may be present in the body and learn individual and community healing strategies to help settle the body. The workshops will focus on active body practices and processing of feelings that arise within the body when considering racialized trauma.

Racialized Trauma is the emotional and physical effects of racism and discrimination against people of colour. As racialized trauma is passed down through generations, it becomes decontextualized, but the trauma is internalized and remains in the body, nonetheless. Carrying this trauma in the body each day can lead to decreased feelings of safety and inclusion for Black, Indigenous, and Bodies of Culture.

Mondays - 1:00 to 2:30 pm
Feb 2 and Mar 1

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

(In-person) Lori Mac

Who this group is for: Anyone who has experienced trauma and who has already 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.

Thursdays - 2:30 to 4:00 pm
Jan 14 Feb 11 Mar 11 Apr 8 May 13 Jun 17

PAY ATTENTION! (In-person) Kim Kiley

Who is this group 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.
Topics included:
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
Session 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.

Wednesdays - 1:30 to 3:30 pm
Mar 10, 17, 24 31 Apr 7

THE MANY FACES OF ADHD WORKSHOP SERIES (In-person) Kim Kiley

Who is this workshop for: ADHDers (diagnosed or self-diagnosed).
ADHD doesn't have just one look, and it doesn't come with a single story. This workshop series will offer a space to connect, reflect, and learn about the diverse ways ADHD shows up in real life.
Each session will focus on a different "face" of the ADHD experience.
Session 1 The Emerging Face: Starting the ADHD Journey
Session 2 The Hidden Face: Understanding ADHD in Women
Session 3 The Tender Face: Navigating Rejection Sensitivity Dysphoria
Session 4 The Strengthened Face: Owning Your ADHD Story

Thursdays - 1:00 to 3:00 pm
Jan 21, 28 Feb 4, 11

QUEERLY BELOVED (In-person)

Karla Penner and Michelle Collins

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 find: A welcoming and supportive place to process and explore 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 will experience: Hearing stories of others on a similar pathway, affirmations of your worth and value, opportunities to share and process your own story of identity and belief formation. We will explore grief and loss, healing, boundary creation, finding hope, connecting with your spiritual self and community.

Tuesdays - 2:30 to 4:00 pm
Feb 2, 9, 23, Mar 2 , 9, 16

BEING THERE WITH CARE: SUPPORTING SOMEONE LIVING WITH 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 someone in their life 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 actually make sense from 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 - Students must be in Manitoba

Mondays - 1:30 to 3:30 pm
Feb 1 (Zoom) Mar 15 (in-person)
Apr 26 (Zoom) May 31 (in-person)

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.
You will find: a warm and welcoming space that is oriented around your unique needs and is adaptable to the struggles and challenges you face. SOS is a place to experience connection, be listened to, understood, validated, informed, supported and feel less alone in your Autistic experiences.
There are no expectations for masking, talking, contributing, etc. unless you choose to.
You will explore: masking, communication emotions, navigating relationships, identity, self-advocacy, resources etc.
Group members create the agenda and topics we will explore.

Mondays - 12:30 to 2:00 pm
Feb 1, 8, 22 Mar 1, 8, 15

IT'S OVER BUT IT'S NOT: UNDERSTANDING & MANAGING THE ONGOING IMPACT OF TRAUMA (In-person & Zoom)) Lori Mac

Who this workshop is for: Anyone who has experienced trauma. What is trauma? It can include physical assault or sexual assault, physical or sexual abuse, emotional abuse, experiencing a crime (e.g. mugging), 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.

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

Part 1	Part 2	
Jan 28	Feb 4	Zoom
Feb 18	Feb 25	Zoom
Mar 25	Apr 1	In-person
Apr 29	May 6	Zoom
Jun 3	Jun 10	in-person
Jul 8	Jul 15	Zoom

WOMEN & SELF-WORTH WORKSHOP Marlene Pomrenke & Jaimie Lesprance

Who is this workshop for: Women-identifying students who have experience struggling with self-worth, self-esteem, and/or confidence.

You will find: This workshop provides a safer and nurturing space for women-identifying students to gently examine self-worth as well as dismantle internal and external societal narratives. Through expressive, art-based activities, this workshop provides opportunity for students to collectively learn, experience, and embrace themselves, their experiences, and their self-worth.

No artistic background or skill level is required, just an open mind and a willingness to try. The act of creating is more important than "perfect art". We use our creativity to express our feelings, process self-doubt, and recognize personal strengths.

Opportunity to share with the group will be provided, however, sharing is not required.

Tuesdays - 11:30 to 1:00 pm
Jan 19, 26 Feb 2

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: Students who have lost a loved one because of a death. Loss can be a lonely experience for many, especially those living far from home. This group provides an opportunity for participants to share their grief experience in a safe and comfortable space. The facilitator's role will be to guide the conversation and to provide resources to help aid the grieving journey.

Topics covered include:

- Understanding grief and grieving styles
- Understanding emotions
- Ways to take care of grief

Tuesdays - 2:30 to 4:00 pm
Feb 9, 16, 23 Mar 2, 9

CALM MIND/CALM BODY: SOMATIC CBT FOR ANXIETY AND WORRY (In-person) Michelle Pearson

Somatic healing is a form of healing that recognizes the age old wisdom of the body to remember and heal. This group will utilize Somatic Cognitive Behavior Therapy (CBT) to recognize and understand how thoughts are experienced in the body (like tension, racing heart, sweaty hands, etc.) and how this can contribute to maintaining patterns of anxiety and worry. This enhanced awareness deepens our ability to identify patterns in thoughts, behaviors, emotions, and interactions in relationships that we may want to release and let go. This creates more independence and choice in utilizing strategies and skills for powerful and lasting changes. Somatic CBT is a highly effective approach for anxiety, worry, stress, low mood and trauma.

Tuesdays - 1:00 to 2:30 pm
Feb 23 Mar 2, 9, 16, 23

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.

Topics covered: Learning what 4 empirically derived behaviors can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them.

What you will learn: Information about healthy relationships. Explore and develop skills to better understand and manage your relationships with others. Participants will have an opportunity to discover their own strengths and style of relating, while gaining knowledge and resources.

Wednesdays - 1:30 to 3:30 pm
Feb 24 Mar 3, 10, 17, 24, 31



STUDENT COUNSELLING CENTRE (SCC)

2027 WINTER GROUPS/WORKSHOPS

Our counsellor-led workshops and groups provide students with supportive opportunities to learn practical mental health skills, connect with others, and explore strategies for managing life's challenges in a safe and engaging environment.

University of Manitoba

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