

WHAT IS GROUP COUNSELLING?

During the Covid-19 pandemic, to help you get the most help possible from our workshops and groups and to help you feel connected and part of a community (with your fellow students and our counsellors), we require all students who participate in our workshops and groups to have their video turned on. Those students who turn off their video will be removed from the virtual room.

Our groups are free and available only to University of Manitoba students. To register or find out more details contact us at (204) 474-8592.

MONDAY

RELATIONSHIPS WTF: WHY THEY'RE FRUSTRATING (1:30 - 3:30 PM)

Who this group is 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 a great for anyone who would like to improve relationships that are going well.

Topics covered: Learning what four empirically derived behaviors are a part of research that can predict relationship stability and satisfaction with over 90% accuracy & how to identify and manage them.

What you will learn: This workshop is intended to provide information about healthy relationships. You will 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.

Sessions (6):

Fall Dates: Oct 19, Oct 26, Nov 2, Nov 16, Nov 23 and Nov 30.

Delivered Via: WebEx during the Fall session, Winter 2021: TBA

Winter Dates: Feb 22, Mar 1, Mar 8, Mar 15, Mar 22, Mar 29

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

MONDAY

DAMN (DEPRESSION & ANXIETY MANAGEMENT NOW!) 10:30 - 12:30

Who this group is for: This open group series is for students who would like to learn strategies for managing depression and anxiety.

Group Topics:

1. Managing Expectations: Enhancing Self-Esteem (CBT Session). Learn a tool for examining biased expectations and increasing self-esteem.

(Nov 16, Feb 1, Mar 8, Apr 5, May 3, Jun 7)

2. Knowing and Liking Myself (ACT Session): Learn tools for exploring your personal values and how they impact your thoughts, feelings and behaviours.

(Nov 23, Feb 8, Mar 15, Apr 12, May 10, Jun 14)

3. Approaching My Fears (CBT Session): Learn how to desensitize yourself to your fears and worries through development of an anxiety exposure hierarchy.

(Nov 30, Feb 22, Mar 22, Apr 19, May 17, Jun 21)

4. Activities Scheduling (BA Session): Learn to schedule meaningful activities in to your life to promote physical and psychological health.

(Dec 7, Mar 1, Mar 29, Apr 26, May 31, Jun 28)

Sessions: Every Monday

Delivered Via: WebEx during the Fall session, Winter 2021: TBA

TO REGISTER FOR ANY GROUP CONTACT: (204) 474-8592

TUESDAY

RELATIONSHIPS: (1:00 PM - 3:00 PM) BREAKING UP IS HARD TO DO

Who this group is for: Anyone who has experienced the break-up of a romantic relationship six weeks ago or longer, or is having difficulty with a break-up and letting go.

Topics covered: Stages of a break-up and the emotions involved, grief and coping, self-care, learning from the past, identity, self-esteem, letting go, building healthy relationships, and boundaries and assertiveness.

What you will learn: : Information about healthy relationships and break-ups, skills for self-survival and doing better next time, to rediscover your strengths and let go while gaining knowledge and resources.

Sessions (6) 2021:

Tuesdays: Feb 23, Mar 2, Mar 9, Mar 16, Mar 23, Mar 30 (Apr 6*)

Winter 2021: TBA

BODY IMAGE (10:00 - 11:30AM)

Who this group is for: If you are feeling ready to make changes in your relationship with your body, join us for this 5 week Body Image group.

What you will learn: You will learn about tools and strategies to help create a happier and more peaceful relationship with your body. This group is open to people of all genders.

Sessions (5) 2021:

Tuesdays: Feb 23, Mar 2, Mar 9, Mar 16, Mar 23,

Winter 2021: TBA

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

TUESDAY

MINDFUL DE-STRESSING (10:00 AM - 11:30)

Who this group is for: Students who are experiencing some level of stress/distress.

Topics covered: Mindfulness

What you will learn: Participants will be introduced to the practice of mindfulness- to become more aware and accepting of your experiences non-judgmentally, allowing you to respond to stressful situations in different ways.

No previous experience with mindfulness based on meditation is required. Each session will last 90-120 minutes, and participants will be guided to practice a variety mindfulness based meditations over the course of the group. **Delivered Via: WebEx during the Fall session**

Sessions (5 to 6):

1st Group Time: 10:00 - 11:30 AM

Every Tuesday: Oct 20, Oct 27, Nov 3, Nov 17, Nov 24 and Dec 1

2nd Group Time: 10:00 - 11:30 AM

Every Tuesday: Jan 12, 19, 26, Feb 2, and 9
Time: 10:00 - 11:30 AM

3rd Group Time: 10:00 - 11:30 AM

Every Tuesday: Mar 2, 9, 16, 23, 30, and Apr 6

CAPACITY BUILDING WORKSHOP (10:00- 11:30 AM)

This is a three session stand-alone workshop series to help students use their strengths to manage difficult situations, while lowering feelings of distress. Workshops do start on time with no late admittance.

1. Understanding Distress and Managing How Your Body Responds: (Oct 6)

2. Managing thoughts that Come with Distress: (Sep 22), (Oct 13)

3. Communication in Distressing Situations: (Sep 29), (Oct 20)

EVENTS CALENDAR: UMANITOBA.CA/SITE/STUDENTAFFAIRS/

WEDNESDAY

PAY ATTENTION! (1:30 PM- 3:30 PM)

Who this group is for: Any students who have been diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD) or suspect that they have attention related difficulties.

Pre-registration is required for each group topic. Although, students are encouraged to attend all sessions of the group, the group is an open group series, which means students can attend as many of the group topics as they desire.

Students will explore the ways their attention issues impact their lives and learn ways to cope with these difficulties. Each session will target specific areas of concern that are common among students who have attention difficulties.

Group topics:

1. Managing My Attention and Focus (Oct 14)
2. Organizing Myself and My Time (Oct 21)
3. Managing My Distracting and Negative Thoughts (Oct 28)
4. Improving My Self-Esteem and Social Connections (Nov 4)

Delivered Via: WebEx during the Fall session, Winter 2021: TBA

“SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre”

[EVENTSCALENDAR.UMANITOBA.CA/SITE/STUDENTAFFAIRS/](https://eventscalendar.umanitoba.ca/site/studentaffairs/)

FRIDAY

MASTERY OF ANXIETY & WORRY (1:30 -3:30 PM)

Who this group is for: This group is a 5 session group in which students learn a number of strategies to cope more effectively with a variety of types of anxiety.

Group Topics: We view anxiety and worry as a common experience in everyday living, and being a university student, and rather than trying to eradicate anxiety, we focus on managing the anxiety we have. In learning mastery in managing our anxiety, we no longer have to be concerned about it becoming a barrier or an obstacle. We typically learn skills to manage anxiety in two broad ways: 1) understanding how our thoughts can influence (either increase or reduce) our anxiety; 2) learn strategies to manage our bodies and physical symptoms of anxiety. We are then able to manage our thoughts, our bodies or both to feel better and live our lives more fully.

First 5-Session group:
Fall 2020: Sep 18, Sep 25, Oct 2, Oct 9, Oct 16

Second 5-Session group:
Fall 2020: Oct 30, Nov 6, Nov 20, Nov 27, Dec 4
Delivered Via WebEx

Term 2:
Third 5-Session group:
Winter 2021: Jan 15, Jan 22, Jan 29, Feb 5, Feb 12

Fourth 5-Session group:
Winter 2021: Mar 5, Mar 12, Mar 19, Mar 26, Apr 2

Delivered Via: WebEx during the Fall session, Winter 2021: TBA

[TO REGISTER FOR ANY GROUP CONTACT: \(204\) 474-8592](https://eventscalendar.umanitoba.ca/site/studentaffairs/)

ZONGIIGABOWIN

“WE’RE STANDING STRONG”

Who this group is for: Indigenous men (First Nations, Inuit, or Métis).

What you will learn: Students will learn to identify their strengths & explore their identities as Indigenous men. They will learn skills to begin addressing issues pertaining to Indigenous men; this will, in turn, assist them in achieving their academic goals and meeting challenges in today's world.

New members are welcome to join after the start date.

Sessions: Dates TBA -
For further details contact the Indigenous Student Centre at 204.474.8850 (anticipated to start in Fall 2020)

Location: Indigenous Student Centre. Migizii Agamik (Bald Eagle Lodge), 45 Curry Place, Fort Garry Campus.

LOSS & GRIEF SUPPORT FOR STUDENTS

Who this group is for: This is a group for students who have lost a loved one through death.

What you will learn: Sorrow from the death of a loved one was never meant to be endured in isolation. The purpose of this group is to provide a safe forum for addressing the realities of loss and grief, to find comfort and hope.

Sessions: Dates TBA - please register for more info (group will be scheduled based on student availability)

**Wednesdays: Oct 7 - Nov 18, 2020
Time: 1:00 - 2:30**

“SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre”

[EVENTSCALENDAR.UMANITOBA.CA/SITE/STUDENTAFFAIRS/](https://eventscalendar.umanitoba.ca/site/studentaffairs/)

STUDENT COUNSELLING CENTRE

GROUP PROGRAMMING

**GROUPS 2020-2021
TO REGISTER CALL: (204) 474-8592**