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) 474-6592.

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: : 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

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):
Winter Term:
1st Group Time: 10:00 - 11:30 AM
Every Tuesday: Jan 12, 19, 26, Feb 2, and 9
Time: 10:00 - 11:30 AM

2nd Group Time: 10:00 - 11:30 AM
Every Tuesday: Mar 2, 9, 16, 23, 30, and Apr 6

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
**STUDENT COUNSELLING CENTRE**

**GROUP PROGRAMMING**

**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 (TBA)
2. Organizing Myself and My Time (TBA)
3. Managing My Distracting and Negative Thoughts (TBA)
4. Improving My Self-Esteem and Social Connections (TBA)

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”

**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.

Delivered Via WebEx

Term 2:
First 5-session group:
Winter 2021: Jan 15, Jan 22, Jan 29, Feb 5, Feb 12
Second 5-Session group:
Winter 2021: Mar 5, Mar 12, Mar 19, Mar 26, Apr 2

Delivered Via: WebEx during the Winter 2021:

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**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.

For further details contact the Indigenous Student Centre at 204.474.8850

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)

In-progress, please call us to sign up for the next group offering.

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**TO REGISTER CALL: (204) 474-8592**

**EVENTSCALENDAR.UMANITOBA.CA/SITE/STUDENTAFFAIRS/”**