**WHAT IS GROUP COUNSELLING?**

Group counselling is a form of therapy where people with similar experiences/challenges come together with a professional counsellor. The counsellor runs the group but generally everyone contributes in some way, either by listening to others and/or talking themselves. One of the main benefits from attending a group is that students will not feel alone in facing their problems and can benefit from having a shared experience.

The SCC offers many different groups which have been developed specifically for the needs of University of Manitoba students. Our groups are free and available only to University of Manitoba students.

Be one of the many students who experience the benefits of being part of a SCC group.

**MONDAY**

 MANAGEMENT MENTAL HEALTH AND SUBSTANCE USE (1:30 TO 3:30 PM)

Who is this group for: This closed referral group is for students who are struggling with managing their substance use and identify as having mental health concerns. Students can be referred by a SCC counsellor/UHS physician or UHS Registered Nurse:

The purpose of this group: is to help participants build on their existing strengths, manage distress that can accompany substance use and mental health concerns and provide a supportive environment to share their experiences while learning with other students harm reduction strategies that can enhance their ability to move forward.

Topics include stages of change, self-care, understanding and managing triggers and cravings, understanding and safely managing withdrawal, dealing with difficult thoughts and feeling (shame, guilt, and anxiety), effective communication strategies, identifying support networks and relapse prevention planning.

**Students are expected to attend most or all sessions. Closed to referrals once group starts.**

Winter Series: (Jan 20 - Mar 9, 2020)

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

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**MINDFUL DE-STRESSING (10:30 AM - 12:00 NOON)

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

Topics covered: Students will be guided to practice a variety of mindfulness-based meditations over the course of the group and encouraged to practice meditation outside of the group to respond to stressful situations differently.

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

* Six group sessions (closed to participants after the group starts). No previous experience with mindfulness-based meditations required.

Winter Series 1: (Jan 7 - Feb 1) Winter Series 2: (Feb 25 - Mar 3)

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

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**TUESDAY**

 MANAGING MENTAL HEALTH AND SUBSTANCE USE (1:30 PM - 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. (6 sessions)

Winter Series 2: (Feb 24 - Mar 30)

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**MONDAY**

 DAMN (DEPRESSION & ANXIETY MANAGEMENT NOW!) GROUP DROP IN (10:00 AM - 12:00 NOON)

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

Preregistration is required for each group topic. This is an open group series, which means that students can attend as many of the group topics as they desire.

**Students are expected to show up on time for each session. Students arriving late will not be able to join the session.**

Group Topics:
1. Enhancing Self-Esteem (CBT Session)
   Learn a tool for examining biased expectations and increasing self-esteem.
   (Jan 6, Feb 3, Mar 9, Apr 6, May 4, Jun 1, Jun 29)

2. Knowing and Liking Myself (ACT Session)
   Learn tools for exploring your personal values and how they impact your thoughts, feelings and behaviours.
   (Jan 13, Feb 10, Mar 16, Apr 13, May 12, Jun 8, Jul 6)

3. Approaching My Fears (CBT Session)
   Learn how to desensitize to anxiety exposure hierarchy.
   (Jan 20, Feb 24, Mar 23, Apr 20, May 18, Jun 15, Jul 13)

4. Activities Scheduling (BA Session)
   Learn to schedule meaningful activities in to your life to promote physical and psychological health.
   (Dec 8, Jan 27, Mar 2, Mar 30, Apr 27, May 25, Jun 22, Jul 20)

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**TUESDAY**

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

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. (6 sessions)

Winter Series: (Feb 25 - Mar 31, 2020)

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

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**MONDAY**

 RELATIONSHIPS WTF: WHY THEY'RE FRUSTRATING (1:30 PM - 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. (6 sessions)

Winter Series 2: (Feb 24 - Mar 30)

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**SCC GROUPS ARE OFFERED BY OR UNDER THE SUPERVISION OF PROFESSIONAL STAFF AT THE STUDENT COUNSELLING CENTRE**

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FRIDAY

MASTERY OF ANXIETY & WORRY (1:30PM-3:30PM)
Who this group is for: Students whose lives are being disrupted by anxiety and/or worry.
Topics covered: The group will focus on proven strategies for helping people decrease, and be less disrupted by, anxiety and worry.
What you will learn: The group will include learning different strategies with a focus on negative and worried thinking as well as changing troublesome behaviour. Students will be encouraged to work on goals between sessions to practice new skills and begin to manage anxiety.
* This is a 5-session group and is closed to new participants after the second session.
Winter Series 3: (Jan 17 - Feb 14) Winter Series 4: (Feb 28 - Mar 27)

LOSS AND GRIEF SUPPORT FOR STUDENTS (1:00PM-2:00PM)
This group is for: Students who have lost a loved one through death.
Students will learn: that their emotional experiences arising from the loss of a loved one are meant to be supported in community and not endured in isolation; that a group can provide a safe forum for discussing the realities of loss and grief and a means to find comfort, resources, and hope.
Sessions: Loss and Grief Support takes place in accordance with student need and availability.

ZONGIGABOWIN "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: Contact Migizii Agamik in Fall 2019
Location: Indigenous Student Centre. Migizii Agamik (Bald Eagle Lodge), 45 Curry Place, Fort Garry Campus.