**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.

### MANAGING MENTAL HEALTH AND SUBSTANCE USE
**MONDAY**

**Managing Mental Health and Substance Use**

**(1:30 TO 3:30 PM)**

Who is this group for: For students who are struggling with managing their substance use and 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)

Winter Series: (Jan 6, Feb 13, Mar 9, Apr 6, May 4, Jun 1, Jun 29)

**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)

**MONDAY**

**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: (Jun 7 - Jul 13)

Winter Series 2: (Feb 25 - Mar 31, 2020)

### Relationship Management

**MONDAY**

**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.

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

**TUESDAY**

**SUPERVISION OF PROFESSIONAL STAFF AT THE STUDENT COUNSELLING CENTRE**

Winter Series 1: (Jan 7 - Feb 1)

Winter Series 2: (Feb 25 - Mar 3)

Winter Series 3: (Jun 7 - Jul 13)

**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.

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

### Groups are Offered by or Under the Supervision of Professional Staff at the Student Counselling Centre**
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: This 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 worrying 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 10 - Feb 7)  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. Students interested in this service may register and the counsellor who facilitates the sessions will be in touch via email to ascertain best days and times for the majority. Sessions will be one hour in duration.

ZONGICABOWIN "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.

CONSIDERING ATTENDING A SCC WORKSHOP?

A SCC workshop is a single-session event that you can attend, in most cases, without prior registration. Our workshops usually focus on education and skill development. Workshops offered for the Fall of 2019/2020 are listed below. For more information, check our website or the SCC Workshop Brochure.

Communication and Conflict: Skills to Build Positive Relationships and Improve your Relationships with Others

Learning to Cope Series

Mid-Day Mindfulness (Helen Glass)

Mid-Day Mindfulness (474 University Centre)

Empowerment Workshop Series

The Wellness Series

Befriending Emotions

Capacity Building Workshop

Stress Management

Workshop Series for Women

Location of all groups and workshops are held at 474 University Centre unless otherwise stated.

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE