

OTHER CAMPUS RESOURCES:

INDIGENOUS STUDENT CENTRE (ISC) MIGIZI AGAMIK	204-474-8850 isc@umanitoba.ca	Bald Eagle Lodge
ACADEMIC LEARNING CENTRE	204-481-1481 academic_learning@umanitoba.ca	201 Tier Building
BANNATYNE STUDENT SERVICES	204-272-3190 bcstudentservices@umanitoba.ca	245 T Wing Basic Sciences Building
ENGLISH LANGUAGE CENTRE	204-474-9251 elc@umanitoba.ca	520 University Centre
STUDENT ADVOCACY / STUDENT ACCESSIBILITY SERVICES	204-474-7423 student_advocacy@umanitoba.ca	520 University Centre
UNIVERSITY HEALTH SERVICES	204-474-8411	104 University Centre

OFF CAMPUS RESOURCES:

KLINIC CRISIS LINE KLINIC SEXUAL ASSAULT LINE	204-786-8686 204-786-8631	
KLINIC DROP-IN COUNSELLING	784-4067 dropin@clinic.mb.ca.	545 BROADWAY: MON-DAYS & WEDNESDAYS 12 – 7 P.M. TUESDAYS, FRIDAYS & SATURDAYS NOON – 4:00 P.M. 845 REGENT: TUESDAYS: 12-7PM

STUDENT COUNSELLING CENTRE

BANNATYNE GROUPS AND WORKSHOPS

FALL 2015

[HTTP://EVENTS.UMANITOBA.CA](http://events.umanitoba.ca)

WHY GO TO A GROUP OR WORKSHOP?

Groups and workshops are a great way to work through and take action on questions or challenges you have. In our groups and workshops you'll be able to talk not only with a counsellor but with other students with similar questions and challenges. We have many different groups and workshops available. All are free and available to University of Manitoba students only.

Be one of the many students who experience the benefits of being part of a Student Counselling Centre group or workshop.

REGISTER FOR A GROUP/WORKSHOP

Student Counselling Centre
474 University Centre
204-474-8592
umanitoba.ca/student/counselling
<http://events.umanitoba.ca>

SCC groups and workshops are offered by or under the supervision of professional staff at the Student Counselling Centre.



BANNATYNE CAMPUS GROUPS AND WORKSHOPS:

MINDFUL DE-STRESSING

Mindful De-Stressing is an opportunity for a late-week hour of guided meditation to promote balance, decrease emotional reactivity and promote well-being. No need to book ahead of time. You can just "Drop In" for some Mindful De-Stressing.

THURSDAYS
 OCTOBER 15TH, 2015-DECEMBER 3RD, 2015
 5:00-6:00PM
 ROOM T-253 STUDENT SERVICES

MANAGING NEGATIVE EMOTIONS & STRESS

This workshop is for students who would like to learn ways of managing their stress and negative emotions, such as depression, anxiety, anger, or guilt. Each session is 1.5 hours and will be dedicated to one of the 3 topics below. Please contact the SCC or the facilitator to find out which topic will be covered in a given session. This series of workshops is considered "drop-in." What this means is that students can attend one, two, three, or more workshop sessions. However, they are expected to show up on time for each session.

- This workshop covers 3 topics:
1. How to manage stress and negative emotions using a tool called the Awareness Wheel.
 2. How to improve our communication with others using a model called Relationship Enhancement.
 3. How to relax using deep breathing and progressive muscle relaxation.

TUESDAYS
 SEPTEMBER 15TH-DECEMBER 8TH, 2015
 5:00-6:30PM
 ROOM T-253 STUDENT SERVICES

LEARNING TO COPE WORKSHOP

This workshop series is designed for students who would like to learn strategies to cope with difficulties that are common among university students.

Each session is 1.5 hours and will be dedicated to one of the three topics listed below. Please contact the front desk or the workshop facilitator to find out which topic will be covered in a given session. This is a "drop-in" group, which means students can attend as few or as many sessions as they would like. Advanced registration for the workshop is not necessary but students are expected to show up on time for each session.

1. Coping with Low Self-Esteem by learning to adjust unhelpful rules and assumptions and to identify positive qualities
2. Coping with Negative Thinking by learning to identify and challenge negative thoughts
3. Coping with Stress utilizing relaxation and self-care strategies

DATE: TBA

MANAGING YOUR MOOD

MYM is for students who struggle at times with low mood, negative mood states, hopelessness or depressive feelings and want effective help to decrease these feelings and improve well-being, in other words to feel better.

In a safe, confidential, supportive atmosphere, participants will learn effective coping strategies and approaches to decrease negative mood and create and maintain a more positive outlook and improve well-being. They will focus on how thoughts influence mood and emotions and how thinking in new ways can change the way they feel about themselves, the world, the past and the future.

Participants will focus on cultivating emotional awareness to promote greater clarity and improved planning and decision-making skills. Participants will learn and practice mood-regulation skills, and goal setting skills. The MYM group experience involves a mixture of teaching, facilitated group discussion, hands-on individual work with group input and in-session practice of mood management skills. (8 sessions)

MONDAYS
 OCTOBER 5TH, 2015-DECEMBER 7TH, 2015
 5:00-6:30 PM
 ROOM T-253 STUDENT SERVICES