

ANXIETY & WORRY:

Who is this group is for: students whose lives are being disrupted by anxiety and/or worry. The anxiety or worry can be focused on a few things (e.g. class presentation, social situations) or may be everywhere in life (student describes feeling worried almost all the time).

Topics covered: This group will focus on proven strategies for helping people decrease and be less disrupted by anxiety and worry.

What will you learn: The group will include learning about different strategies through presentation, small and large group discussion and will encourage students to work on goals between sessions. Students will focus on negative and worried thinking and changing troublesome behaviours (e.g. instead of avoiding things, finding ways to overcome worry and do what you want to do).

Sessions: This is a 6 session group and is closed to new participants after the second session. Approximately 6 to 10 students attend this group.

Fridays, September 18th-October 23rd, 2015

1:30-3:30pm

Call 204-474-8592 to register

RELATIONSHIPS WTF (WHY THEY'RE FRUSTRATING):

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

What will you 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.

Topics Covered: Topics covered include 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.

Sessions: (6 sessions)

Mondays, October 19th-November 30th, 2015

1:30-3:30pm

Call 204-474-8592 to register

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 the Student Counselling centre group or workshop.

REGISTER FOR A GROUP

Student Counselling Centre
474 University Centre
204-474-8592

umanitoba.ca/student/counselling

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

STUDENT COUNSELLING CENTRE

GROUPS AND WORKSHOPS

FALL 2015

events.umanitoba.ca



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RELATIONSHIPS: BREAKING UP IS HARD TO DO

Who is this group 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: Wednesdays, October 14th-November 25th, 2015
1:30-3:30pm**

Call 204-474-8592 to register

MANAGING YOUR MOOD

Who is this group for: Students who struggle at times with low mood, negative mood states, hopelessness or depressive feelings.

Topics covered: How thoughts influence mood and emotions and how thinking in new ways can change the way we feel about ourselves, cultivating emotional awareness to promote greater clarity and improved planning and decision-making skills.

What you will learn: How to practice mood-regulation skills and goal setting skills, effective coping strategies and approaches to decrease negative mood and create and maintain a more positive outlook and improve well-being.

**Sessions: Wednesdays, October 7th-November 25th, 2015
1:30-3:30pm**

Call 204-474-8592 to register

ZONGIGABOWEN "WE'RE STANDING STRONG" *DROP-IN*

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

Topics covered: Identifying one's strengths & exploring one's identity as an Indigenous man.

What you will learn: Skills to begin addressing issues that will assist Indigenous men to achieve their academic goals, and successfully meet challenges in today's world.

**Sessions: Thursdays, September 24th-December 17th, 2015
5:00-6:30pm**

JOURNEYING THROUGH LOSS, GRIEF & BEREAVEMENT

Who is this group for: Students who would like to learn more about grief and how it affects you

Topics covered: The experiences of grief as it relates to your situation, whether it be a recent or distant loss.

What you will learn: How the experience of grief is unique to each individual, learning about others experiences of loss as it relates to your own

**Sessions: Tuesdays, September 22nd-October 27th, 2015
2:30pm-4:00pm**

Call 204-474-8592 to register

RELATIONSHIP WORKSHOP SERIES *DROP-IN*

Topics covered:

1. Building and Maintaining Positive Relationships:

Day	Date	Time
Mon	Sept 14	1:30-3:30pm
Th	Nov 12	1-3pm

2. Connecting with Others: How do you try to connect with others & what do you do when others try to connect with you

Day	Date	Time
Mon	Sept 21	1:30-3:30pm
Th	Oct. 22	10am-12pm
Th	Nov 19	1-3pm

3. Relationship Strengthening: A workshop for couples

Day	Date	Time
Mon	Sept 28	1:30-3:30pm
Th	Oct. 29	10am-12pm
Th	Nov 26	1-3pm

4. Can we talk? Skills to improve your relationships and conversation with others

Day	Date	Time
Mon	Oct. 5	1:30-3:30pm
Th	Nov. 5	10am-12pm
Th	Dec 3	1-3pm

To register: Drop into 474 University Centre or call 204-474-8592

MID-DAY MINDFULNESS *DROP-IN*

Who is this group for: Students who want to explore the topic of mindfulness meditation

Topics covered: Mindfulness meditation skills

What you will learn: How to practice mindfulness meditation

**Sessions: Wednesdays, September 16th-December 16th,
2015 12:30-1:30pm**

MANAGING NEGATIVE EMOTIONS & STRESS *DROP-IN*

Who is this group for: Students who would like to learn ways of managing their stress and negative emotions, such as depression, anxiety, anger, or guilt.

Topics covered:

1. How to manage stress & negative emotions using the awareness wheel (**Sept 21, Oct 19, Nov 16, Dec 7**)

2. How to improve your communication skills with others using a model called Relationship Enhancement (**Sept 28, Oct 26, Nov 23, Dec 14**)

3. How to relax using deep breathing and progressive muscle relaxation (**Oct. 5, Nov 2, Nov 30, Dec 21**)

****Mondays @ 1:00-2:30pm****

MINDFULNESS DE-STRESSING

Who is this group 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.

Sessions: Six group sessions (closed to participants after the group starts). No previous experience with mindfulness based meditations required. Each session will last 2 hours. Students wishing to continue their practice after the group can attend Mid-day Mindfulness sessions.

**Fridays, October 30th-December 4th, 2015
1:30-3:30pm**