

Health and Counselling Group and Workshop Descriptions

Fall 2024

To view additional information about available services with Health and Counselling, please visit [Counselling - Mental Health and Wellness Website](#).

Workshops

Workshop: Stressed Out?

Description of Workshop: In this workshop, we will explore the function of stress, stress signals, recognizing and taking the temperature down with stress, helpful strategies and resources.

When: Please select one of the following:

- Thursday, September 19th, from 10:30am-12:00pm (with Wellness Services)
- Tuesday, October 15th, from 1:30pm-3:00pm
- Tuesday, November 26th, from 1:30-3:00pm

Where: This workshop will take place in-person.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Workshop: Coping with Big Feelings

Description of Workshop: Do you struggle with managing fluctuations in your emotions or mood? In this workshop, we will explore the role of emotions, what helps to surf the emotional waves, helpful strategies and resources.

When: Please select one of the following:

- Tuesday, October 1st, from 1:30pm-3:00pm
- Tuesday, November 19th, from 1:30pm-3:00pm

Where: This workshop will take place in-person.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Workshop: What is Normal vs. Disorder Eating?

Description of Workshop: Join our Eating Disorder Counsellor in this workshop to explore conflicting information about eating and nourishment, what are some common eating challenges, what can help, available resources and supports.

When: Please select one of the following:

- Tuesday, October 8th, from 1:30pm-3:00pm
- Tuesday, November 12th, from 1:30pm-3:00pm

Where: This workshop will take place in-person.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Open Groups (aka Join Anytime)

Open Group: Neurodiversity and Women

Description of Workshop: This group is for female identified folks who have experience with ADHD/ASD traits, to discuss unique topics such as emotional regulation, unique traits or experiences, hormones, relationships, and more, in a neuro affirming space!

When: Friday from 1:30pm-3:00pm. This group will occur on a **bi-weekly** basis.

Where: This group will take place in-person.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Open Group: Queer Support Group

Description of Workshop: This support group and safe space is for anyone identifying as 2SLGBTQ+. We will explore a variety of themes such as useful resources on campus, community resources, special topics, and building connection.

When: This group will occur on the following dates from 1:30pm-3:00pm:

- October 3rd, 24th, 31st
- November 14th, 18th
- December 16th

Where: This group will take place virtually.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Open Group: Graduate Students Group

Description of Workshop: Grad students have a unique set of circumstances and challenges. This group provides a confidential and supportive space to explore these challenges.

In this group, you will:

1. Have an opportunity to share your concerns and receive support from other grad students and a therapist.
2. Share solutions and coping mechanisms to better manage the unique pressures.
3. Learn strategies to manager your mental well-being.
4. Experience the benefit of a supportive and understanding community.

When: Thursday from 1:30pm-3:00pm. This group will occur on a **bi-weekly** basis.

Where: This group will take place in-person.

How to Register: Register by visiting [Input Health](#) or by visiting [Carleton360](#).

Closed Groups

Internal referral is required for Closed Groups.

Your existing counsellor at Health and Counselling Services can discuss a referral for closed groups. You can also book a Single-Session Counselling Appointment [Here](#) to explore this option.

Closed Group: Overwhelmed, Stressed, and Anxious

Description of Workshop: This group is for students experiencing any kind of stress and anxiety. In this structured group, you will learn more about the role and function of stress, worry and anxiety, how and why it shows up in your life, what can help while promoting overall wellness.

Anxiety looks different for everyone. We will explore a personalized approach to your anxiety and develop a toolkit. The group will provide support, connection, and an opportunity to learn from each other's experience.

When: Wednesday afternoons from 1:30pm-3:00pm. This group will occur on a **weekly** basis for 8 weeks.

Where: This group will take place in-person, Carleton Technology Training Centre (CTTC).

Closed Group: Managing Powerful Emotions

Description of Workshop: This group is for students with challenges with emotional fluctuations, managing moods and looking for more coping strategies. Specifically, we will explore the function of emotions, challenges with big emotions, riding and managing emotional intensity, coping strategies and living with emotions. In this group, we will explore various skills from Polyvagal, DBT, ACT, and Self-Compassion models.

When: Tuesday or Wednesday, from 10:30am-12:00pm. This group will occur on a **weekly** basis for 8-10 weeks (TBD).

Where: This group will take place in-person, Carleton Technology Training Centre (CTTC).

Closed Group: Neurodiversity Group

Description of Workshop: This group is for students looking to have a better understanding of their neurodiversity (ADHD/ASD), strengths and challenges, identity, overlap with mental health challenges, enhancing executive functional skills (such as emotional regulation, motivation, and problem solving), while building healthy relationships in a neuro affirming environment. In this group, we will explore various skills from Polyvagal, DBT, ACT, and Self-Compassion models.

When: Thursdays from 10:30am-12:00pm. This group will occur on a **weekly** basis for 10 weeks (TBD).

Where: This group will take place in-person, Carleton Technology Training Centre (CTTC).

Closed Group: Eating Disorder Group/Meal Support

Description of Workshop: This group is designed for those experiencing distress around eating (past, current disordered eating to eating disorder diagnosis), where healing your relationship with food is the ultimate goal. Each week, student's will be learning different strategies to cope with many aspects of eating disorders such as distress tolerance, DBT skills, exploring emotions, externalizing the ED and coping with sensory challenges, while also eating in a safe and supportive space.

When: Thursdays from 11:00am-12:30pm. This group will occur on a **weekly** basis.

Where: This group will take place in-person, Carleton Technology Training Centre (CTTC).