

Health and Counselling Group Descriptions

Winter 2025

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

How to Register:

For the Miniseries and Open Groups

Register by visiting [Input Health](#) or email GroupTherapy@cunet.carleton.ca for more information.

For Closed Groups

An Internal referral is needed from the Health and Counselling team. Book a Counselling Single Session or email GroupTherapy@cunet.carleton.ca for more information.

Miniseries (3-4 Sessions, Registration required)

Improving Speaking Performance and Reducing Stress (NEW)

Do you struggle with public speaking, presentations, group work, or simply want to boost your social confidence and communication skills?

In this Series, we'll explore:

- How to overcome these challenges
- Reduce stress and physiological arousal
- Enhance your overall performance in both personal and professional settings

MANifest Wellness – Mental health Group for Men (NEW)

In this series, counsellors Shawn and Grant, will lead conversations and skill-building around challenges that men frequently face.

In this Series, we'll explore:

- Relationships and societal expectations
- Exploring masculinity
- Emotion regulation and more

Join us for a supportive space to explore mental health and develop effective coping strategies.

Crafting your Calm – Mindfulness Stress Relief (NEW)

Discover the art of relaxation with *Crafting Your Calm*, a unique therapy group blending creativity and mindfulness to help reduce stress.

In this Series, we'll explore:

- Simple crafting activities (or bring your own craft) paired with
- Guided mindfulness exercises
- No prior crafting or mindfulness experience is needed—just bring your curiosity and an open mind

Whether you're looking to unwind, express yourself, or find new ways to manage stress, this group offers a supportive space to nurture your well-being.

Resilience in Action: Navigating Stress and Enhancing Coping Skills

Join us to develop essential skills for managing stress and building resilience.

In this series, we'll explore:

- The role and function of stress and how it affects your body and mind
- Understanding your unique stress profile and how to respond to it more effectively
- Key resiliency skills, including mindfulness, emotional regulation, and reframing negative thoughts
- Evidence-based coping strategies to manage stress and create a more balanced, grounded life

Therapeutic Dungeon and Dragons Group

In partnership with **DND Engineering**, we are offering a therapeutic Dungeons & Dragons group. This group is ideal for students who are socially anxious, seeking connection, and/or identify as neurodivergent.

In this series, we'll explore:

- The first session focuses on painting a D&D character, learning the game rules, and identifying personal needs to succeed in the program
- Each session will use D&D as a tool for connection, building social skills, and navigating challenges in a supportive, fun environment

Join us for an inclusive and creative way to connect, build confidence, and have fun!

Open Support Groups

(Ongoing in Winter Term, Registration for Whole Term Recommended)

Open Group – African, Caribbean and Black Students Support Group (NEW)

Facilitated by counsellors, Faisa and Fireda, who work with racialized students. This group offers a supportive space for students who identify as African, Caribbean and Black to share lived experiences, build community, develop resilience and improve mental health.

Topics include:

- Building Community and Connection
- Celebrating your black excellence
- Navigating relationships
- Self-care and healing practices
- Developing coping skills to deal with stress

Join us to connect, heal, and grow in a supportive community.

When – Thursday afternoon, 1:30-3:00pm (Starting January 23rd to April 3rd)

Where – Frontenac Residence Building, Multipurpose Room

Open Group – DBT Skills Group (NEW)

A weekly group for students to learn and practice DBT skills.

Topics include:

- Managing emotions
- Reducing impulsivity
- Improving relationships
- Coping with stress

Explore DBT modules like mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness in a supportive environment. Open to all skill levels.

Open Group - Neurodivergent Women's Support Group

A safe, neuro-affirming space for women and female-identified individuals with ADHD/ASD traits to connect and share.

Topics include:

- Emotional regulation
- Unique traits and experiences
- Hormonal impacts
- Relationships and more

Open Group: Understanding Neurodiversity (General)

A group for students with ADHD/ASD to deepen their understanding of their neurodiversity, explore strengths and challenges, and build healthy relationships in a neuro-affirming space.

Topics Include:

- Sleep
- Perfectionism
- Relationships
- Career and employment
- Study skills and more...

Guest speakers and presenters will be featured to provide skilled insights.

Open Group: Queer Support Group

A support group and safe space for anyone identifying as part of the 2SLGBTQ+ community, facilitated by Queer-identified counsellors, Hugo and Mariam.

Topics include:

- Campus and community resources
- Special topics relevant to 2SLGBTQ+ experiences
- Building meaningful connections

Join us for support, resources, and community!

Group will be offered in Hybrid Format (In Person and Virtual)

Open Group: Graduate Students Social Group

A confidential and supportive space for graduate students to navigate their unique challenges and circumstances facilitated by Graduate Counsellor, Madga. Join us to connect, share, and find support in your grad school journey!

Group sessions are offered both in person or virtually.

Open Group: Navigating Eating Challenges Support Group

In partnership with **Hopewell Eating Disorders Support Centre** and Carleton University's Health and Counselling Services, this group offers support for anyone facing eating challenges or disorders at any stage of recovery.

Topics include:

- Navigating campus life and academic pressures
- Social media and body image
- Relationships and social pressures
- Diet and wellness culture on campus

Join us for a compassionate space to share, heal, and grow with others facing similar challenges.

Closed Groups (6 or more Sessions)

*See registration details above

Understanding Trauma and Improving Wellness (NEW)

This group offers a supportive space for students to explore the impact of trauma on well-being and learn strategies for improving overall wellness with Trauma Counsellor, Christie.

Drawing from evidence based and trauma-informed approaches, participants will gain a deeper understanding of trauma's effects and learn healing techniques.

What to Expect:

- Understanding the impact of trauma on mental and physical health
- Bring awareness and curiosity to triggers and develop a trigger self-care plan
- Learning trauma-informed approaches to enhance self-regulation and resilience
- Developing self-care routines and coping strategies to improve wellness

Closed Group: CBT for Anxiety (NEW)

A structured group for students experiencing stress and anxiety. In this group, you'll learn about the role of stress, worry, and anxiety, how they manifest in your life, and strategies to promote overall wellness.

Topics Include:

- Understanding the function of anxiety
- Exploring personalized approaches to managing anxiety
- Developing a toolkit for coping and promoting well-being

The group offers support, connections, and opportunities to learn from each other's experiences.

Closed Group: Eating Disorder Group/Meal Support

This group is for students experiencing distress around eating, from past or current disordered eating to an eating disorder diagnosis. The ultimate goal is healing your relationship with food. Facilitated by eating disorder Counsellor, Christa.

What to Expect:

- Weekly learning of strategies to cope with aspects of eating disorders, including distress tolerance and DBT skills
- Exploring emotions and externalizing the eating disorder
- Coping with sensory challenges
- Eating in a safe and supportive space

Join us for a compassionate environment focused on healing and growth.

When – Fridays, 11:00am to 12:30pm (Starting end of January 2025)

Where – CTTC Building, Group Therapy Room - 1501