

HCS - Current Group Descriptions

Fall 2025 (September-December)



EMAIL



CHR APP

How to Register:

For Open Groups

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

For Closed Groups

An Internal referrals is needed from the Health and Counselling team. Email GroupTherapy@cunet.carleton.ca for more information.

Open Groups

African, Caribbean and Black Students (ACB) Support Group

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 led by racialized Counsellors, Faiza and Fireda.

When – Thursdays, Weekly, Starting September 25th – 1:30-3:00pm

Where – Frontenac Residence Building, Multipurpose Room

Crafting your calm – Mindfulness Stress Relief

Discover the art of relaxation with *Crafting Your Calm*, a unique therapy group blending creativity and mindfulness to help reduce stress. Join us once a month for a calming, hands-on experience. Led by Group Counsellor, Theresa and Counselling Team.

When – Mondays, Monthly (September 29th, October 27th, November 10th and December 4th)
10:30am to Noon

Where – CTTC Building, Room 1501

Off the Scale – Rethinking Food, Fitness and Identity (with Hopewell ED Centre) ***NEW**

A group for students to explore a more balanced relationship with food, exercise, and themselves. Led by Hopewell Counsellor, Sarah and Group Counsellor, Theresa.

When – Tuesdays Weekly, Starting September 30th, 3:00 – 4:00pm

Where – CTTC Building, Room 1501

Neurodivergent Women's Support Group

A safe, neuro-affirming space for women and female-identified individuals with ADHD/ASD traits to discuss unique challenges, wellness strategies in a supportive space. Led by Group Counsellor, Theresa.

When – Fridays, Weekly, Starting October 3rd, 1:30 – 2:30pm

Where – CTTC Building, Room 1501

Mind-Body Reset: Mindfulness and Movement Group *NEW

A supportive group where you'll learn how your nervous system works (aka why you get anxious, overwhelmed, or shut down) and how to work with it instead of against it.

We'll use practical tools like mindfulness, breathwork, and body-based movement so you can stress less, feel more balanced, and build a stronger sense of safety and comfort in your own body.

When – Tuesdays, 5 Week Series, Starting October 28th 1:00-2:15pm

Where – CTTC Building, Room 1501

Unmasking Connection Group (Collab with Paul Menton Centre) *NEW

This group may be a good fit for students with various disabilities including autism, ADHD, learning disabilities, and more. Through discussions, activities, and on-campus field trips, this group fosters connection, social communication skills, and mental wellness. No diagnosis is required to participate in the group.

Led by Group Counsellor, Theresa and PMC, Learning Specialists – Amanda, Taylor and Suzanne.

When – Wednesdays, Weekly, Starting September 24th, 3:00 – 4:15pm

Where – CTTC Building, Room 1501 or Field Trip Leaving from Paul Menton Centre (PMC) Office.

Queer Support Group

For anyone identifying as part of the 2SLGBTQIA+ community to explore relevant topics and build community. Led by Queer Identified Counsellors, Hugo and Mariam.

When – Thursdays, 1:30 – 3:00pm, September 25th, October 2nd, Nov 6th & 20th, & Dec 4th.

* Some of the group times may vary.

Where – CTTC Building, Room 1501; and Virtual (Zoom) - Hybrid Event*

Closed Groups *Required referral and 80% attendance*

CBT for Anxiety

A structured group for students experiencing stress and anxiety looking at the role it plays in your life and strategies to promote overall wellness. Led by GP, Dr. Tang and Group Counsellor, Theresa.

When – Tuesdays, 6 weeks, Starting September 16th, 1:00 – 2:30pm

Where – CTTC Building, Room 1501

DBT Skills Group

A weekly group for students to learn and practice DBT skills for managing emotions, improving interpersonal relationships and helpful role of mindfulness. Led by Psychiatrist, Dr. Winterbottom, and Group Counsellor, Theresa.

When – Thursdays, 8 Weeks, Starting October 2nd, 3:00 – 4:15pm

Where – CTTC Building, Room 1501

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. Led by Eating Disorder Counsellor, Christie and Karina.

When – Fridays, Weekly, Starting October 3rd, 11:00am – 12:30pm

Where – CTTC Building, Room 1501

MANifest Wellness – Mental health Group for Men (3 Week Series) *NEW

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

When – Mondays, November 3rd, 10th and 17th.; 1:30 – 3:00pm

Where – CTTC Building, Room 1501

Understanding Trauma and Improving Wellness

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

When – Wednesdays, 6 Weeks, Starting October 29th, 10:30am – Noon

Where – CTTC Building, Room 1501