

HCS - Therapy Group Descriptions

Winter 2026 (January - April)



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 (Open Registration)

Afro-Caribbean and Black (ACB) Students 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 Counsellor, Faisa.

When – Fridays, Weekly, 1:15-2:45pm

Where – Frontenac Residence Building, Multipurpose Room

Crafting Your Calm - Crafting and Mindfulness

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, 10:30-Noon, January 19th, February 9th, March 9th and 30th.

Where – CTTC Building, Room 1501

Beyond the Scale – Navigating Eating, Exercise and Body Image Challenges (Collab with Hopewell ED Centre)

A group for students to explore a more balanced relationship with nourishment, exercise, and feeling good about yourself. Led by Hopewell Counsellor, Sarah and Group Counsellor, Theresa.

Please note: We review group guidelines at the start of each session to create a respectful and safe space. While we aim to minimize triggering content, some topics may be sensitive.

When – Tuesdays, Weekly, 3:00-4:00pm

Where – CTTC Building, Room 1501

Women's Neurodivergent 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, 1:30-2:30pm

Where – CTTC Building, Room 1501

Queer Support Group (Hybrid)

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, 1:15-2:45pm, Group Dates - Jan 22, Feb 5, Feb 26, March 12, March 26, and April 9

Where – CTTC Building, Room 1501; and Virtual (Zoom)

Thriving in Action: Building Resilience for Academic and Personal Success (NEW) (Facilitated by FITA)

Led by FITA Counsellor, and Interns

Join us to explore practical tools for thriving at university—topics include resilience, self-compassion, mindfulness, habits, and grit. Learn how to balance mental health and academics while building confidence and sustainable routines. Open to all students.

When – Thursday, Weekly, 11am-Noon

Where – 810 Dunton Tower (FITA Office)

Unmasking Connections - Neurodiversity Group (Collab with Paul Menton Centre)

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, 3-4:15pm

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

Wellness Café: Your Space to Recharge! *NEW (Virtual Only)

Feeling stressed? Hungry for balance? Pull up a virtual chair at our **Wellness Café**—where we chat about **mental health challenges and wellness habits** in a relaxed, supportive vibe. Grab your favorite drink and join the conversation!

When – Monthly – Jan 26, Feb 23 and March 23rd;

10³⁰-11³⁰am

Where – Virtual (Zoom link send prior to meeting)

Registration required.

Participants agree to virtual guidelines:

Camera on | Share location | Private space | Understand confidentiality limits

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 – Next Group in Fall 2026, register now!

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 – Next Group in Spring and Fall 2026, register now!

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 – Next Group in Fall 2026, register now!

Where – CTTC Building, Room 1501

MANifest Wellness – Mental health Group for Men

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

When – Monday, 1:30-3:00pm, 5 Weeks (Starting March 2nd)

Where – CTTC Building, Room 1501

Mind-Body Reset: Nervous System Regulation

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 – Wednesday, 6 Week Series, Starting March 4th, 1:30-2:45pm

Where – CTTC Building, Room 1501

Sleep Well, Study Better Group *NEW

Struggling to get a good night's sleep? This 6-week program is designed just for university students! In one-hour sessions, we'll explore practical tips and proven strategies—like better sleep habits, stress management, and CBT-I techniques—to help you sleep soundly, feel energized, and boost your academic performance. Led by Theresa, Group Counsellor and FITA Intern.

When – Next Group in Fall 2026, register now!

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 – Next Group in Fall 2026, register now!

Where – CTTC Building, Room 1501