

HCS - Therapy Group Descriptions Spring/Summer 2026 (May-August)



Group EMAIL



Input Health App

How to Register:

For Open Groups - Register by visiting [Input Health](#) or email GroupTherapy@cunet.carleton.ca

For Closed Groups – An internal referral is needed from the Health and Counselling team. Email GroupTherapy@cunet.carleton.ca for more information.

Open Groups (Open Registration)

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 and activities, 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 and Suzanne

When – Wednesdays, Weekly, 3-4:15pm (Starting May 13th); May to June ONLY

Where – CTTC Building, Room 1501

Wellness Café: Skills for Student Mental Health

A supportive wellness and mental health group for university students running over the spring term. Learn practical skills around stress, sleep, relationships, motivation, and emotional well-being—while connecting with other students in a relaxed, supportive space. Led by Group Counsellor, Theresa and MSW Intern.

When – Fridays, 10:30am to Noon (bi-weekly); May to June ONLY

Where – CTTC Building, Room 1501

Queer 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 – MONTHLY, June, July and August (Specific dates/times TBC)

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

Closed Groups (Required referral and 80% attendance*)

Anxiety Skills Group

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, 1:00-2:30pm (Start date TBC – End of May)

Where – CTTC Building, Room 1501

DBT Skills Group

A weekly group (8 weeks) 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, 3:00--4:15pm (Starting May 7 to June 25)

Where – CTTC Building, Room 1501

***** FALL 2026 Groups will be posted in August**

Check back soon! ***