

HCS Group Descriptions – Fall 2026

Open Groups

Register through [Telus Health Connect Website](#).

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 Counsellors.

When - Fridays, 2:30-4:00pm, Weekly

Where - CTTC Building

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.

When - Mondays, 10:30am-12:00pm, monthly

Where - CTTC Building

Unmasking Connections - Neurodiversity Group

A collaboration 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.

When - Wednesdays, 3:00-4:15pm, weekly

Where - CTTC Building or field trip leaving from Paul Menton Centre (PMC) office

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.

When - Fridays, 1:00-2:15pm, Weekly

Where - CTTC Building

Closed Groups

Please note that closed groups require a referral from Health and Counselling Services (HCS). To receive a referral, please book a counselling appointment through [Telus Health Connect Website](#), or email grouptherapy@cunet.carleton.ca.

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.

When – Afternoons, 6 weeks

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.

When – Afternoons, 8 weeks

DBT Skills for Eating Disorders Group

A Weekly Group that offers practical tools for managing difficult emotions, distress, urges, and eating-disorder-related behaviors.

When – Mornings, 8 – 10 sessions

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 – Afternoons, 5 weeks

Sleep Well, Study Better Group

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.

When – Afternoons, 6 weeks

Therapeutic Dungeon and Dragons Group

This group is a great fit for students who are socially anxious, seeking connection and/or identify as neurodiverse. The first session involves painting a DND character and learning rules/identifying their needs to be successful in the program.

When – Afternoons, weekly

Understanding Eating, Body Image, and Change Group

The group is intended to be a supportive space where you can learn, reflect, ask questions, and begin identifying what may be helpful for you. Focused on helping you better understand your body and health, the impact of stress, and the unique pressures that can come with university, relationships, social media, and expectations around food and appearance.

When – Afternoons, weekly