

## **HCS - Therapy 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](mailto: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](mailto:GroupTherapy@cunet.carleton.ca) for more information.

## **Open Groups (Open Registration)**

### **African, Caribbean and Black Students Support Group (ACB)**

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** – Thursdays, Weekly, Starting September 25<sup>th</sup> – **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.

#### **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.

**When** – Mondays, Monthly (September 29<sup>th</sup>, October 27<sup>th</sup>, November 10<sup>th</sup> and December 4<sup>th</sup>).

**10:30am to Noon**

**Where** – CTTC Building, Room 1501

## **Off the Scale – Rethinking Food, Fitness and Identity \*NEW**

**(Collab with Hopewell ED Centre)**

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

**In this group, you'll:**

- Talk openly about food, fitness, and body image struggles (no judgment, ever)
- Learn how perfectionism and stress can sneak into health habits
- Build a more flexible, realistic approach to wellness
- Share and connect with others who *get it*

**When** – Tuesdays Weekly, Starting September 30<sup>th</sup>, **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 connect and share. Led by Group Counsellor, Theresa.

Topics include:

- Unique traits and experiences of women
- Emotional regulation
- Making and maintaining healthy relationships
- Study skills and academic challenges
- Affirming and supportive peer space

**When** – Fridays, Weekly, Starting October 3<sup>rd</sup>, **1:30-2:30pm**

**Where** – CTTC Building, Room 1501

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

This group aims to create a neuro-affirming space for students to meet other students who get it, explore relevant issues, and share some laughs! Led by Group Counsellor, Theresa and PMC, Learning Specialists – Amanda, Taylor and Suzanne.

This group may be a good fit for students with various disabilities including autism, ADHD, learning disabilities, and more. No diagnosis is required to participate in the group.

**In this group, you'll:**

- Explore self-expression and social engagement
- Provide tools for managing stress, energy, and transitions
- Explore creative and mindful outlets for self-care
- Build a community of support and shared experiences
- Promote wellness strategies to foster good mental health

**When** – Wednesdays, Weekly, Starting September 24<sup>th</sup>, 3-4:15pm

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

## **Queer Support Group**

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

**Explore themes such as:**

- Queer journey and coming out
- Intersectionality, stigma and daily triggers
- Queer art and fashion
- Queerness and sexuality
- Queer joy and connection

Join us for support, resources, and community!

**When** – Thursdays, 1:30-3:00pm, September 25<sup>th</sup>, October 2, Nov 6 & 20, & Dec 4.

\* Some of the group times may vary.

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

## **Thriving in Action (Collab with FITA) \*NEW**

This group is for students who want help to transform their relationship to school, rebuild academic tenacity, and experience sustainable success, however, they define it.

Above all, here, they will learn to love being a student again and have a positive student life experience.

Led by FITA Intern and Group Counsellor, Theresa.

**When and Where** – MORE DETAILS COMING SOON! If you would like to get on the waitlist – email us @ [grouptherapy@cunet.carleton.ca](mailto:grouptherapy@cunet.carleton.ca)

## **CLOSED GROUPS (Referral needed\*, see details above)**

### **CBT for Anxiety**

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.

Led by GP, Dr. Tang and Group Counsellor, Theresa.

**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

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

**Where** – CTTC Building, Room 1501

### **DBT Skills Group**

A weekly group for students to learn and practice DBT skills. Led by Psychiatrist, Dr. Winterbottom, and Group Counsellor, Theresa.

**We will explore the following:**

- 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.

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

**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. The ultimate goal is healing your relationship with food. Led by Eating Disorder Counsellor, Christie and Karina.

### 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, Weekly, Starting October 3rd, 11:00-12:30pm

**Where** – CTTC Building, Room 1501

## MANifest Wellness – Mental health group for Men \*NEW

In this mini-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

**When** – Mondays, November 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>.; 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 with Trauma Counsellor, Christie. Incorporating polyvagal theory 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

Join us to gain deeper insights into trauma, enhance overall wellness and healing with trauma-informed care.

**When** – Wednesdays, 6 Weeks, Starting October 29<sup>th</sup>, 10:30-Noon

**Where** – CTTC Building, Room 1501