



AFFIRMATIVE SPACE

A Group for 2SLGBTQIA+ Mental Health and Social Engagement

Health and Counselling Services is proud to launch *Affirmative Space: A group for 2SLGBTQIA+ Mental Health and Social Engagement*. This group aims to break down the barriers in social engagements and access to mental health services by bringing the community together in collaboration with Gender and Sexuality Resource Centre (GSRC). Most importantly, it aims to create a space for the community to affirm their voice by collectively sharing experiences and knowledge.

In this group, participants will discuss various mental health topics while engaging with their peers in the community. Each group session will be facilitated by a mental health counsellor at Health and Counselling Services and GSRC will be supporting the group discussion collectively. Each session will include the following elements:

1. Mental Health Education
2. Group Counselling
3. Peer-to-Peer Engagement
4. System/Resource Navigation

Each session will be semi structured to allow open dialogues among students while being cognizant about confidentiality and privacy of each participant. Affirmative Space will be delivered virtually via Microsoft Teams. The group will start on Wednesday, June 23rd, 2021 and meets 6 times over the summer. For further information about the group schedule, please see the next page.

How to register:

Advanced registration is required by Monday, June 21st at 4:00 PM. Please call main reception at Health and Counselling Services at (613) 520-6674. Space is limited as the group hopes to establish a small and safe space for all. Shortly after registering, a mental health counsellor will conduct a 15-minute brief intake call. The purpose of intake is to ensure that each participant understands the group rules and confidentiality, and most importantly to assess suitability for the group as it aims to create a safe and affirmative space. This group is only open to those students who identify as 2SLGBTQIA+ or those who are questioning their gender and sexuality.



Schedule:

Each group session will be 2 hours long from 1:00-3:00pm, and includes social engagement and system/resource navigation focusing on the discussion topic.

Wednesday, June 23, 2021

Discussion Topic: Our community and COVID-19 pandemic

1. Effects of pandemic on the community
2. Mindfulness and self-compassion

Monday, July 5, 2021

Discussion Topic: Gender and sexual identity

1. Affirming approach
2. Self-worth and validation
3. Trans health care (Guest speaker: Dr. Anna York-Lyon)

Wednesday, July 21, 2021

Discussion Topic: Anxiety and Depression

1. CBT basics
2. CBT tools for self-help

Wednesday, August 4, 2021

Discussion Topic: Navigating family conflict/rejection

1. Relational boundaries
2. Relational trauma / attachment injuries

Wednesday, August 18, 2021

Discussion Topic: Relationship issues

1. Attachment styles / patterns
2. 7 core conversations with your partner

Wednesday, August 25, 2021

Discussion Topic: Celebration and moving forward

1. Celebrating the group
2. Feedback gathering



Health and
Counselling Services
CARLETON UNIVERSITY



Contact information:

If you have any questions about this group, please contact Health and Counselling Services:

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