

Groups at GBC Counselling

Are you experiencing intense emotions, feeling down, isolated and/or stressed?

Do you want to connect with other students while learning skills to improve your mental health?

GBC Counselling is pleased to be offering the following **FREE** online groups for GBC students residing in Ontario. Each group consists of 4 weekly sessions.

Review the groups below and check your schedule*. If you have not been to Counselling within the last year, please [book an intake session](#) via the Counselling Student Portal and ask the Intake Counsellor about being referred to the group.

Cognitive Behavioural Therapy (CBT) Group: Changing Thoughts

For: Students experiencing symptoms of mild to moderate anxiety and/or depression

When: Wednesday, February 16 – Wednesday, March 9th, 2022, from 1:30-3:00pm.

Facilitators: Hana Adam (Hana.Adam@georgebrown.ca) &
Natasha Bowman (Natash.Bowman@georgebrown.ca)

Healthy Emotions for BIPOC Students: Mindfulness & Distress Tolerance

For: Students who would like to learn techniques to practice mindfulness and distress tolerance to cope more effectively with emotions and behaviours in a culturally responsive space designated for students who identify as Black, Indigenous and People of Color (BIPOC)

When: Wednesday, January 26, 2022- Wednesday, February 16, 2022 from 1:30-3:00pm

Facilitators: Heidi Mehta (Heidi.Mehta@georgebrown.ca) &
Zeba Luxmore (zluxmore@georgebrown.ca)



Add to your emotional toolbox!

*To get the full benefits of participating in the group ensure you can attend all 4 sessions of the group you are interested in.