



# Student Services Calendar JANUARY

LEGEND: (ALS) = Program provided by Accessible Learning Services | (CNSL) = Program provided by Counselling | (PM+) = Program provided by Peer Mentor+  
 Click on a program to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 1<sup>st</sup></b>  	<b>January 2<sup>nd</sup></b>  	<b>January 3<sup>rd</sup></b>  College Reopens	<b>January 4<sup>th</sup></b>  	<b>January 5<sup>th</sup></b>  <a href="#">11:00 am Transitions to Success Workshop</a> <a href="#">Kaleigh and Karen</a> (ALS)
<b>January 8<sup>th</sup></b>  Winter Term Begins	<b>January 9<sup>th</sup></b>  	<b>January 10<sup>th</sup></b>  	<b>January 11<sup>th</sup></b>  <a href="#">11:00 am AT Workshop (Jorge &amp; Vicky)</a> (ALS)	<b>January 12<sup>th</sup></b>  Last day to add a course
<b>January 15<sup>th</sup></b>  <a href="#">1:00 PM Understanding Your Course</a> <a href="#">Syllabus (Rachel &amp; Peer Mentor+)</a> (ALS)	<b>January 16<sup>th</sup></b>  No programs available on this date	<b>January 17<sup>th</sup></b>  <a href="#">3:00 pm AT Workshop (Jorge &amp; Vicky)</a> (ALS)	<b>January 18<sup>th</sup></b>  	<b>January 19<sup>th</sup></b>  Last day to withdraw with partial refund
<b>January 22<sup>nd</sup></b>  	<b>January 23<sup>rd</sup></b>  	<b>January 24<sup>th</sup></b>  	<b>January 25<sup>th</sup></b>  <a href="#">12:00 pm BSSN group (in person at SJ)</a> <a href="#">Hana + BSSN</a> (CNSL)  <a href="#">3:00 pm to 4:00 pm Community Club:</a> <a href="#">Communication Survival Kit</a> (PM+)	<b>January 26<sup>th</sup></b>  
<b>January 29<sup>th</sup></b>  <a href="#">12:00 pm to 1:00 pm The Intercontinental:</a> <a href="#">International Student Support</a> (PM+)	<b>January 30<sup>th</sup></b>  <a href="#">1:00 pm AT Workshop</a> <a href="#">(Jorge &amp; Vicky)</a> (ALS)  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism</a> <a href="#">Student Support</a> (PM+)	<b>January 31<sup>st</sup></b>  <a href="#">2:00 pm CBT2 (Changing Thoughts) Virtual,</a> <a href="#">Alan and Victoria</a> (CNSL)		

# Student Services Calendar FEBRUARY



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>February 1<sup>st</sup></b> <a href="#">3:00 pm to 4:00 pm Community Club: Communication Survival Kit (PM+)</a>	<b>February 2<sup>nd</sup></b> <a href="#">11:00 am Mindfulness Skills and Healthy Thinking (Virtual drop-in MBCT, Nadia and Sunita (CNSL))</a>  <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>February 5<sup>th</sup></b> <a href="#">1:00 pm Virtual Stress Management Workshop Series, Mark and Naiima (CNSL)</a>  <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>February 6<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>February 7<sup>th</sup></b> <a href="#">2:00 pm CBT2 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>February 8<sup>th</sup></b> <a href="#">2:00 pm The Inner Well Therapeutic Movement Group In Person, Daniel's/WF (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm Community Club: Communication Survival Kit (PM+)</a>	<b>February 9<sup>th</sup></b> <a href="#">11:00 am Mindfulness Skills and Healthy Thinking (Virtual drop-in MBCT, Nadia and Sunita (CNSL))</a>  <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>February 12<sup>th</sup></b> <a href="#">1:00 pm Strategies for Effective Group Work Workshop (Aisha &amp; Ayshia) (ALS)</a>  <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>February 13<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a>  <a href="#">3:00 pm Time Management Group (Yarlini, Ellen) (ALS)</a>  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>February 14<sup>th</sup></b> <a href="#">2:00 pm CBT2 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>February 15<sup>th</sup></b> <a href="#">2:00 pm The Inner Well Therapeutic Movement Group In Person, Daniel's/WF (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm Community Club: Communication Survival Kit (PM+)</a>	<b>February 16<sup>th</sup></b> <a href="#">11:00 am Mindfulness Skills and Healthy Thinking (Virtual drop-in MBCT, Nadia and Sunita (CNSL))</a>  <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>February 19<sup>th</sup></b> Family Day	<b>February 20<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>February 21<sup>th</sup></b> <a href="#">2:00 pm CBT2 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>  <a href="#">3:00 pm Presentation Skills Workshop (Elyse, Bismah, Rachel) (ALS)</a>	<b>February 22<sup>th</sup></b> <a href="#">11:00 am Strategies for Effective Goal Setting Workshop (Aisha Allison) (ALS)</a>  <a href="#">2:00 pm The Inner Well Therapeutic Movement Group In Person, Daniel's/WF (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm Community Club: Communication Survival Kit (PM+)</a>	<b>February 23<sup>th</sup></b> <a href="#">11:00 am Mindfulness Skills and Healthy Thinking (Virtual drop-in MBCT, Nadia and Sunita (CNSL))</a>  <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>February 26<sup>th</sup></b> Intersession Week	<b>February 27<sup>th</sup></b> <a href="#">3:00 pm Time Management Group (Yarlini, Ellen) (ALS)</a>	<b>February 28<sup>th</sup></b> Intersession Week	<b>February 29<sup>th</sup></b> Intersession Week	



# Student Services Calendar MARCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1<sup>st</sup></b> Intersession Week
<b>March 4<sup>th</sup></b> <a href="#">1:00 pm Virtual Stress Management Workshop Series, Mark and Naiima (CNSL)</a> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>March 5<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a> <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>March 6<sup>th</sup></b> <a href="#">12:30 pm to 2:00 pm The Inner Well Therapeutic Movement/Dance (Virtual) Nadia and Hadassah (CNSL)</a> <a href="#">2:00 pm CBT1 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>March 7<sup>th</sup></b> <a href="#">2:00 pm The Inner Well Therapeutic Movement Group In Person, Daniel's/WF (CNSL)</a> <a href="#">3:00 pm to 4:00 pm Community Club: Let's Get Cooking (online) (PM+)</a> <a href="#">4:00 pm to 5:00 pm Community Club Adulting 101 (PM+)</a>	<b>March 8<sup>th</sup></b> <a href="#">11:00 am Virtual drop-in MBCT, Nadia and Sunita (CNSL)</a> <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>March 11<sup>th</sup></b> <a href="#">1:00 pm Virtual Stress Management Workshop Series, Mark and Naiima (CNSL)</a> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>March 12<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a> <a href="#">3:00 pm Time Management Group (Yarlini, Ellen) (ALS)</a> <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>March 13<sup>th</sup></b> <a href="#">12:30 pm to 2:00 pm The Inner Well Therapeutic Movement/Dance (Virtual) Nadia and Hadassah (CNSL)</a> <a href="#">2:00 pm CBT1 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>March 14<sup>th</sup></b> <a href="#">3:00 pm to 4:00 pm Community Club: Let's Get Cooking (online) (PM+)</a> <a href="#">4:00 pm to 5:00 pm Community Club Adulting 101 (PM+)</a>	<b>March 15<sup>th</sup></b> Last day to withdraw from a course/program without academic penalty <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>March 18<sup>th</sup></b> <a href="#">11:00 am Presentation Skills Workshop (Aisha, Deandra) (ALS)</a> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>March 19<sup>th</sup></b> <a href="#">10:00 am DBT2 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a> <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>March 20<sup>th</sup></b> <a href="#">12:30 pm to 2:00 pm The Inner Well Therapeutic Movement/Dance (Virtual) Nadia and Hadassah (CNSL)</a> <a href="#">2:00 pm CBT1 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>March 21<sup>th</sup></b> <a href="#">12:00 pm BSSN group (in person at ST James) Hana+BSSN (CNSL)</a> <a href="#">3:00 pm to 4:00 pm Community Club: Let's Get Cooking (online) (PM+)</a> <a href="#">4:00 pm to 5:00 pm Community Club Adulting 101 (PM+)</a>	<b>March 22<sup>th</sup></b> <a href="#">11:00 am Virtual drop-in MBCT, Nadia and Sunita (CNSL)</a> <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>March 25<sup>th</sup></b> <a href="#">1:00 pm Virtual Stress Management Workshop Series, Mark and Naiima (CNSL)</a> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>March 26<sup>th</sup></b> <a href="#">10:00 am DBT1 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a> <a href="#">3:00 pm Time Management Group (Yarlini, Ellen) (ALS)</a> <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>March 27<sup>th</sup></b> <a href="#">12:30 pm to 2:00 pm The Inner Well Therapeutic Movement/Dance (Virtual) Nadia and Hadassah (CNSL)</a> <a href="#">2:00 pm CBT1 (Changing Thoughts) Virtual, Alan and Victoria (CNSL)</a>	<b>March 28<sup>th</sup></b> <a href="#">3:00 pm to 4:00 pm Community Club: Let's Get Cooking (online) (PM+)</a> <a href="#">4:00 pm to 5:00 pm Community Club Adulting 101 (PM+)</a>	<b>March 29<sup>th</sup></b> <a href="#">11:00 am Virtual drop-in MBCT, Nadia and Sunita (CNSL)</a> <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>



# Student Services Calendar APRIL

LEGEND: **(ALS)** = Program provided by Accessible Learning Services | **(CNSL)** = Program provided by Counselling | **(PM+)** = Program provided by Peer Mentor+  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1<sup>st</sup></b> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>April 2<sup>nd</sup></b> <a href="#">10:00 am DBT2 (Healthy Emotions) in person at ST James. Doriann (CNSL)</a>  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>April 3<sup>rd</sup></b>	<b>April 4<sup>th</sup></b> <a href="#">3:00 pm to 4:00 pm Community Club: Let's Get Cooking (online) (PM+)</a>  <a href="#">4:00 pm to 5:00 pm Community Club Adulting 101 (PM+)</a>	<b>April 5<sup>th</sup></b> <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>April 8<sup>th</sup></b> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>April 9<sup>th</sup></b> <a href="#">3:00 pm Time Management Group (Yarlini, Ellen) (ALS)</a>  <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>April 10<sup>th</sup></b>	<b>April 11<sup>th</sup></b>	<b>April 12<sup>th</sup></b> <a href="#">1:00 pm to 2:00 pm The Rainbow Connection: LGBTQ2IA+ Student Support (PM+)</a>
<b>April 15<sup>th</sup></b> <a href="#">12:00 pm to 1:00 pm The Intercontinental: International Student Support (PM+)</a>	<b>April 16<sup>th</sup></b> <a href="#">3:00 pm to 4:00 pm ASD &amp; Friends: Autism Student Support (PM+)</a>	<b>April 17<sup>th</sup></b>	<b>April 18<sup>th</sup></b> <a href="#">12:00 pm BSSN group (in person at ST James) Hana+BSSN (CNSL)</a>	<b>April 19<sup>th</sup></b> Winter Term ends
<b>April 22<sup>th</sup></b>	<b>April 23<sup>th</sup></b>	<b>April 24<sup>th</sup></b>	<b>April 25<sup>th</sup></b>	<b>April 26<sup>th</sup></b>
<b>April 29<sup>th</sup></b>	<b>April 30<sup>th</sup></b>			



\*Please note that all Accessible Learning Services Workshops and Groups will be taking place virtually using the Zoom Platform.

Attendees will receive the link to join after registering.

### **TRANSITION TO SUCCESS WORKSHOP**

Our George Brown College Transition session workshop aims to provide students with resources and information to assist in transitioning to post-secondary studies at George Brown College.

Topics will include:

- Registration process
- Examples of classroom supports
- Review of ALS supports
- Overview of George Brown College resources
- Tips to succeed in your first year at college

### **ADAPTIVE TECHNOLOGY WORKSHOP**

The Adaptive Technology Workshop is specifically tailored for students at the college who are registered or are interested in registering with ALS. The workshop aims to empower students by providing insight, and strategies in utilizing adaptive technologies to support their academic pursuits. Throughout the workshop, students will learn about assistive software applications, hardware devices, and other technological solutions that can aid in areas such as note taking, reading, writing, organization, and time management. By attending the Adaptive Technology Workshop, George Brown College students gain practical knowledge and strategies for incorporating adaptive technologies into their academic journeys.

### **STRATEGIES FOR EFFECTIVE GROUP WORK WORKSHOP**

This interactive workshop is designed to help you learn the group work skills you need to achieve your academic goals.

After this workshop you will be able to:

- Learn to assess self: strengths, constraints, and goals
- Develop strategies to be an effective group member
- Identify effective group communication skills
- Understand the development and use of a team contract
- Utilize tools for effective problem-solving in groups



### **STRATEGIES FOR EFFECTIVE GOAL SETTING WORKSHOP:**

This interactive workshop is designed to help you learn the goal setting skills you need to achieve your academic goals.

After this workshop you will be able to:

- Understand the importance of goal setting
- Understand how to develop personalized SMART (specific, measurable, achievable, relevant, and time-bound) goals
- Acknowledge and challenge common obstacles in goal setting
- Engage in reflective practice for managing and modifying goals
- Consider tools and resources related to goal setting

### **TIME MANAGEMENT GROUP**

This 6-session group welcomes all students seeking support with their time management skills. Students will develop skills related to goal setting, scheduling, prioritization, task breakdown, initiation, motivation, and self-advocacy. The aim of this group is to support students with developing their time management skills to help them meet their academic goals.

### **READY, SET, GO: GOAL-SETTING & ACCOUNTABILITY GROUP**

Do you want support with keeping on track with schoolwork? Do you want someone to cheer you on, and meet with other likeminded peers? Then this is the group for you! This group is open to all students connected with Accessible Learning Services who want a little extra support in getting things done. Join us biweekly to set goals, make a plan, celebrate successes, and reflect on what adjustments could be helpful moving forward. The remainder of the time will be utilized to put the plan into action!

### **LGBTQ2IA SUPPORT GROUP**

The experiences of students in the LGBTQ2IA community can be uniquely challenging, where being out and proud comes with fears, in a world where acceptance and love is challenged. A safer space on campus to be able to explore issues; from coming out, to microaggressions in the workplace, and more.

### **ASD & FRIENDS**

A support group for students who feel a connection to the lived experience of Autism. Share stories, help build each other up for the week ahead, and learn tools and tips for navigating through the world.

### **THE INTERCONTINENTAL: MENTAL WELLNESS FOR INTERNATIONAL STUDENTS.**

A Support group for students from around the world. For those who want to share experiences of studying as an international student, from classes to work to socializing. Arriving in a new place to study can be a frightening experience. Separated from family, friends and other dimensions of self that can.

Help create a sense of safety and community where you are. Our group is designed to help students forge bonds, share frustrations & explore life abroad.



## COMMUNITY CLUB

A space for students to learn from one another, with a focus on hope, empowerment, possibility, and connection. Students design the courses and lead the learning, helping each other through conversation, videos, and other media. Together, Peers navigate wellness and blend lived experience with the expertise of mental health practitioners to help develop meaningful and practical goals for growth.

This fall we'll be offering the following courses:

## SELF-DISCOVERY: LOOKING INWARD

You are always with your own mind. Your hopes, fears, frustrations, and joys are things unique to you. So, building a healthier and happier relationship with yourself is worth it. We're looking inwards -- to gain a deeper understanding of our own life experiences.

We're learning from each other-- to develop our internal ability to live an authentic and meaningful life.

**Week One** – Self Awareness

**Week Two** – Mental Health

**Week Three** – Resiliency

**Week Four** – Growth & Development

**Week Five** – Advocacy & Boundaries

## COMMUNICATION SURVIVAL KIT

Ever felt nervous about approaching someone to start a conversation? Don't know how to get your ideas across in group work? Anxious about talking to your new boss? This course is about the ways in which we communicate with each other. How to listen effectively, how to communicate through social media and more.

**Week One** – Peer Communication

**Week Two** – Professional Communication

**Week Three** – Social Networking

**Week Four** – Listening Skills

**Week Five** – Small Talk (talking to strangers)

## LET'S GET COOKIN'

The kitchen can be an intimidating place. From making grocery lists to shopping, healthy eating and more. We're going to explore cooking culture, and the course is for anyone who is new to cooking, is averse to being in the kitchen, or just wants to know more about the world of food.

**Week One** – Our Relationship to Food

**Week Two** – Food Waste

**Week Three** – Food Budgeting

**Week Four** – What’s in your Food?

**Week Five** – Navigating the Kitchen



### **ADULTING 101**

The name of the game is ‘work smarter, not harder’. Join this course and learn how to put adulting skills into practice. Through activities, discussion, and reflection we will explore life skills and how to practically apply them in ways that are helpful for you.

**Week One** – Social Relationships

**Week Two** – School\Life Balance

**Week Three** – Finances

**Week Four** – Academics

**Week Five** – Life After Graduation

### **CHANGING BEHAVIOURS GROUP**

Learn techniques to help you better manage your behaviors, thoughts, and emotions.

### **HEALTHY EMOTIONS GROUP**

Learn mindfulness and distress tolerance techniques to help you deal with stress, difficult emotions, depression and anxiety, impulse control issues, addictions and excessive behaviors.

### **THE INNER WELL: A THERAPEUTIC MOVEMENT GROUP**

Be supported in finding more inner peace, self-confidence, and love within yourself. Learn skills to help you improve your emotional wellbeing, including skills to improve low mood, reduce anxiety and stress. The group uses creative and mindful movement.

### **MINDFULNESS SKILLS & HEALTHY THINKING DROP-IN GROUP**

Learn skills to help you be more present, kinder to yourself, and better manage your thoughts and emotions with mindfulness practices. Join anytime, attend as many weeks as you can.

### **HEALTHY RELATIONSHIPS GROUP**

Learn interpersonal effectiveness and emotion regulation techniques to help you deal with stress, difficult emotions, depression and anxiety, impulse control issues, addictions, and excessive behaviors.