



Student Services Calendar

January 2025

LEGEND:

Acronym	Description
ALS	= Program provided by Accessible Learning Services
CNSL	= Program provided by Counselling
PM+	= Program provided by Peer Mentor+

Click on a program to register or for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>January 1 No programs available.</p>	<p>January 2 No programs available.</p>	<p>January 3 No programs available.</p>
<p>January 6 No programs available. Winter Term Begins</p>	<p>January 7 Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 8 No programs available.</p>	<p>January 9 Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 10 No programs available.</p>
<p>January 13 ASL Workshop 1:00pm to 3:00pm B121</p>	<p>January 14 Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 15 ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>January 16 AT Drop-In Support 10:00am to 11:00am On Zoom Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 17 No programs available.</p>
<p>January 20 Transitions to Success Workshop 3:00pm to 4:00pm On Zoom ASL Workshop 1:00pm to 3:00pm B121</p>	<p>January 21 Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 22 Let's Talk: Time Management 11:00am to 12:00pm On Zoom ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>January 23 Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1 East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>January 24 No programs available.</p>
<p>January 27 ASL Workshop 1:00pm to 3:00pm B121</p>	<p>January 28 AT Drop-In Support 2:00pm to 3:00pm On Zoom Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p>	<p>January 29 ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>January 30 [Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James DBT1 2:00pm to 3:30pm</p>	<p>January 31 No programs available.</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ASD & Friends 3:00pm to 4:00pm Room 593F		In-Person at St. James Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1 East Asian Student Support Group 3:00pm to 4:00pm Room 593F	

Student Services Calendar

February 2025

LEGEND:

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 3	February 4	February 5	February 6	February 7 No programs available.
ASL Workshop 1:00pm to 3:00pm B121	Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1 ASD & Friends 3:00pm to 4:00pm Room 593F	ASL Drop-In 1:00pm to 3:00pm Room B121 CBT 1 2:00pm to 3:30pm In-Person at Waterfront	DBT1 2:00pm to 3:30pm In-Person at St. James [Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1 East Asian Student Support Group 3:00pm to 4:00pm Room 593F	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February 10</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p>February 11</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>February 12</p> <p>AT Drop-In Support 10:00am to 11:00am On Zoom</p> <p>CBT 1 2:00pm to 3:30pm In-Person at Waterfront</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>February 13</p> <p>DBT1 2:00pm to 3:30pm In-Person at St. James</p> <p>[Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>February 14</p> <p>No programs available.</p>
<p>February 17</p> <p>Family Day College Closed.</p>	<p>February 18</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>February 19</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p> <p>CBT 1 2:00pm to 3:30pm In-Person at Waterfront</p>	<p>February 20</p> <p>Transitions to Success Workshop 11:00am to 12:00pm On Zoom</p> <p>DBT1 2:00pm to 3:30pm In-Person at St. James</p> <p>[Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>February 21</p> <p>No programs available.</p>
<p>February 24</p> <p>Intersession Week</p>	<p>February 25</p> <p>Intersession Week</p> <p>Strategies for Effective Groupwork 11:00am to 12:00pm On Zoom</p>	<p>February 26</p> <p>Intersession Week</p> <p>Let's Talk: Time Management 1:00pm to 2:00pm On Zoom</p> <p>CBT 1 2:00pm to 3:30pm</p>	<p>February 27</p> <p>Intersession Week</p> <p>Presentation Skills Workshop 11:00am to 12:00pm On Zoom</p>	<p>February 28</p> <p>Intersession Week</p> <p>AT Drop-In Support 1:00pm to 2:00pm On Zoom</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		In-Person at Waterfront		

Student Services Calendar

March 2025

LEGEND:

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 3	March 4	March 5	March 6	March 7 No programs available.
ASL Workshop 1:00pm to 3:00pm B121	Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1 ASD & Friends 3:00pm to 4:00pm Room 593F	ASL Drop-In 1:00pm to 3:00pm Room B121 CBT 2 2:00pm to 3:30pm In-Person at Waterfront	AT Drop-In Support 10:00am to 11:00am On Zoom DBT 2 2:00pm to 3:30pm In-Person at St. James [Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1 East Asian Student Support Group 3:00pm to 4:00pm Room 593F	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 10</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p>March 11</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>March 12</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p> <p>CBT 2 2:00pm to 3:30pm In-Person at Waterfront</p>	<p>March 13</p> <p>DBT 2 2:00pm to 3:30pm In-Person at St. James</p> <p>[Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>March 14 No programs available.</p>
<p>March 17</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p>March 18</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>March 19</p> <p>AT Drop-In Support 2:00pm to 3:00pm On Zoom</p> <p>CBT 2 2:00pm to 3:30pm In-Person at Waterfront</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>March 20</p> <p>DBT 2 2:00pm to 3:30pm In-Person at St. James</p> <p>[Drop-in] The Well: Mindfulness for the Mind & Body 12:00pm to 1:30pm In-Person at St. James</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>March 21</p> <p>Let's Talk: Time Management 11:00am to 12:00pm On Zoom</p>
<p>March 24</p> <p>Transitions to Success Workshop 3:00pm to 4:00pm On Zoom</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p>March 25</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>March 26</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p> <p>CBT 2 2:00pm to 3:30pm In-Person at Waterfront</p>	<p>March 27</p> <p>DBT 2 2:00pm to 3:30pm In-Person at St. James</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>March 28 No programs available.</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 31</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>				

Student Services Calendar

April 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>April 1</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>April 2</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>April 3</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p> <p>East Asian Student Support Group 3:00pm to 4:00pm Room 593F</p>	<p>April 4</p> <p>AT Drop-In Support 10:00am to 11:00am On Zoom</p>
<p>April 7</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p>April 8</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p>April 9</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p>April 10</p> <p>Let's Talk: Time Management 3:00pm to 4:00pm On Zoom</p> <p>Breathe & Flow: Mindful Movement 2:00pm to 3:00pm Casa Loma Athletic Centre, room C140-1</p>	<p>April 11</p> <p>No programs available.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			East Asian Student Support Group 3:00pm to 4:00pm Room 593F	
<p align="center">April 14</p> <p>AT Drop-In Support 2:00pm to 3:00pm On Zoom</p> <p>ASL Workshop 1:00pm to 3:00pm B121</p>	<p align="center">April 15</p> <p>Breathe & Flow: Mindful Movement 1:30pm to 2:30pm Casa Loma Athletic Centre, room C140-1</p> <p>ASD & Friends 3:00pm to 4:00pm Room 593F</p>	<p align="center">April 16</p> <p>ASL Drop-In 1:00pm to 3:00pm Room B121</p>	<p align="center">April 17</p> <p>Winter Term Ends</p>	<p align="center">April 18</p> <p>Good Friday College Closed</p>
<p align="center">April 21 No programs available.</p>	<p align="center">April 22 No programs available.</p>	<p align="center">April 23 No programs available.</p>	<p align="center">April 24 No programs available.</p>	<p align="center">April 25 No programs available.</p>
<p align="center">April 28</p> <p>AT Drop-In Support 10:00am to 11:00am On Zoom</p>	<p align="center">April 29 No programs available.</p>	<p align="center">April 30</p> <p>Transitions to Success Workshop 3:00pm to 4:00pm On Zoom</p>		

Accessible Learning Services (ALS)

Adaptive Technology (AT) Lab Drop-In

The Adaptive Technology (AT) Lab Drop-In is for all George Brown College students looking for insights and strategies on utilizing adaptive technologies. Students can learn about software applications and solutions to help all their learning needs!

Transition to Success Workshop

Our Transition to Success 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

Let's Talk! Time Management

This workshop welcomes all students who are seeking support with their time management skills to meet their academic goals. Students will develop skills related to goal setting, prioritization, initiation, scheduling & much more!

Presentation Skills Workshop

In this workshop, you will build skills for presenting with comfort and confidence. You will focus on preparing content, including the differences between in-person and online presentations, strategies for public speaking and problem-solving during presentations to deal with presentation nerves!

Strategies for Effective Groupwork

This interactive workshop is designed to help you learn group work skills to achieve your academic goals! After this workshop you will be able to learn to assess self, identify effective group communication skills, understand the development of a team contract, and much more!

Counselling (CNSL)

CBT: Changing Behaviours

Learn techniques to help you better manage your behaviours, thoughts and emotions. It's important to be able to attend all sessions.

DBT: 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 behaviours. It's important to be able to attend all sessions.

DBT: 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 behaviours. It's important to be able to attend all sessions.

The Inner Well

This group is designed to create a space for students to reconnect with themselves, learn body-based skills to reduce stress, become more aware of their body's wisdom and emotions to understand themselves better and feel rejuvenated. The group uses therapeutic dance and mindful movement. No prior movement or dance experience is needed to participate. The group aims to create a supportive and non-judgemental community where every student can be as they are. It's important to be able to attend all sessions.

Peer Mentor + (PM+)

ASL Drop-in

We provide an inclusive space that is Deaf friendly for individuals from all backgrounds who wish to learn and practice American Sign Language (ASL) at any level.



ASL Workshop

In a relaxed and fun environment, those who are interested in learning American Sign Language letters, numbers, and phrases are welcome. Each week, we will have different topics for students to learn.

ASD & Friends Drop-in

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.

Breathe & Flow: Mindful Movement

Join us as we host space to centre ourselves and exist with each other. Relax and engage in moving our bodies at the Casa Loma studio space.

East Asian Student Support Group

A bi-weekly group devoted to mutual aid and assistance from and for members of the East Asian diaspora.