WINTER 2027 · COUNSELLING & CLINICAL SERVICES

Group Therapy

Connect with other students facing similar challenges, in a safe and confidential space.

ALL GROUPS IN-PERSON

SCAN FOR GROUPS

Therapy Groups

6-8 WEEKS

Managing Perfectionism

Learn to challenge perfectionism and manage self-criticism.

Thu 9:30 - 11 am — Jan 21 - Feb 25

Worrying That Works

Learn to better manage anxiety and reduce its impacts on your life.

Mon 2:30 - 4 pm — Feb 1 - Mar 15

No group over reading week

Focus Lab

A skills group for better focus, productivity and motivation.

Thu 2:30 - 4 pm — Feb 11 - Apr 8

No group over reading week

Self-Compassion Group

Learn skills to treat yourself with kindness and warmth.

Tue 10:30 am - 12 pm — Feb 23 - Mar 30

No group over reading week

Support Groups

International Student Support Group

Decrease isolation and increase social connections.

Thu 2:30 - 4 pm (biweekly) — Feb 11 - Apr 22

Graduate Student Support Group

Give and receive support on the challenges of graduate school.

Wed 2:30 - 4 pm (biweekly) — Feb 3 - Apr 28

How to register for a group

ATTEND AN INFO SESSION

Register online for the group's info session where you'll meet the facilitators and learn more about the group. You can ask any questions and you'll also get the final steps to enroll.