

Group Therapy

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

ALL GROUPS IN-PERSON · NO SESSIONS OVER READING WEEK



SCAN FOR GROUPS

Therapy Groups

6-8 WEEKS

Attention Seekers

A skills group for better focus, productivity and motivation.

Thu 2:30 - 4 pm

Oct 8 - Dec 3

Managing Perfectionism

Learn to challenge perfectionism and manage self-criticism.

Wed 9 - 11 am

Oct 7 - Nov 18

Relationship Status: Healthy

A group on communication, boundaries, conflict and trust.

Tue 9 - 11 am

Sep 29 - Nov 17

Self-Compassion Group

Learn skills to treat yourself with kindness and warmth.

Thu 9:30 - 11 am

Oct 8 - Nov 19

Worrying That Works

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

Mon 2:30 - 4 pm

Oct 19 - Nov 30

Support Groups

International Student Support Group

Decrease isolation and increase social connections.

Thu 2 - 4 pm (biweekly)

Oct 1 - Dec 10

Graduate Student Support Group

Give and receive support on the challenges of graduate school.

Wed 2 - 4 pm (biweekly)

Oct 21 - Dec 16

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.