Counselling Services
Seminars and Workshops

**Alleviating Anxiety**
This single-session seminar will help you better understand anxiety, its causes, and the factors that maintain it. Throughout this seminar, we will introduce you to a number of strategies designed to alleviate anxiety in the moment, challenge your anxious thoughts, and change behaviours that maintain your anxiety.
*Many dates and times available.*

**Developing Your Compassionate Mind**
Participants can learn and practice developing the skill of self-compassion through teaching, mindfulness practice, and time to apply the teachings.
This 5 week program **starts Sept 19.**

**Coping Skills Seminars**
We offer four 1-hour long seminars that can help you challenge your thinking, cultivate resiliency, thrive with emotions, and empower habit change.
*Many dates and times available.*

**Grad Students Community and Conversation Circle**
This group offers a safe, confidential space in which to talk about the stressors in graduate school and life, emotions (including anxiety and depression), and relationships.
This program **starts Sept 26.**

**Preventing Depression Relapse**
This mindfulness-based group offers proven therapy that helps sustain recovery from depression and decrease risk of relapse.
This 8 week program **starts Oct 21.**

**Mindfulness Meditation**
Mindfulness meditation skills are designed to maximize personal, interpersonal, academic, and work coping skills. This program can help you enhance your concentration, focus, and creativity.
This 8 week program **starts Sept 18.**

**Regulating Emotions**
Dialectical-behavioural therapy combines cognitive-behavioural to help you learn to (1) cope with intense, distressing emotions; and (2) develop healthy ways to manage distress when feeling overwhelmed. Each session will present a selection of skills in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
This program **starts Sept 23.**

**Eating Disorder Support Group**
One hour support group for anyone struggling with disordered eating or issues with food.
This support group **starts Sept 9.**

For more information
[www.uwaterloo.ca/cw/events](http://www.uwaterloo.ca/cw/events)