



**FALL
2019**

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

uwaterloo.ca/cw/events



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