



Student Services Calendar

SEPTEMBER 2024

LEGEND:

- Acronym Description**
- ALS = Program provided by **Accessible Learning Services**
 - BSSN = Program provided by **Black Student Success Network**
 - CNSL = Program provided by **Counselling**
 - PM+ = Program provided by **Peer Mentor+**

Click on a program to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>September 2 No Programs Available.</p>	<p>September 3 No Programs Available. Welcome Back!</p>	<p>September 4 No Programs Available.</p>	<p>September 5 No Programs Available.</p>	<p>September 6 No Programs Available.</p>
<p>September 9 No Programs Available.</p>	<p>September 10 No Programs Available.</p>	<p>September 11 No Programs Available.</p>	<p>September 12 Transitions to Success 3:00pm to 4:00pm On Zoom</p>	<p>September 13 AT Lab Drop-in 12:00pm to 1:00pm On Zoom</p>
<p>September 16 No Programs Available.</p>	<p>September 17 No Programs Available.</p>	<p>September 18 No Programs Available.</p>	<p>September 19 No Programs Available.</p>	<p>September 20 No Programs Available.</p>
<p>September 23 Stress Management 1pm to 3pm on Zoom</p> <p>AT Lab Drop-in 3:00pm to 4:00pm On Zoom</p>	<p>September 24 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p>September 25 No Programs Available.</p>	<p>September 26 Let's Chat! Staying on track, time management drop in 11:00am to 12:00pm On Zoom</p>	<p>September 27 Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>
<p>September 30 Stress Management 1pm to 3pm on Zoom</p>				



Student Services Calendar

October 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">October 1</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Wellness Tuesday 12:00pm to 1:30pm (drop-in 1:30 to 3:00)</p>	<p align="center">October 2</p> <p>AT Lab Drop-in 10:00am to 11:00am On Zoom</p>	<p align="center">October 3</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p> <p>Presentation Skills 11:00pm to 12:00pm On Zoom</p>	<p align="center">October 4</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p> <p>East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>
<p align="center">October 7</p> <p>Stress Management 1pm to 3pm on Zoom</p> <p>The Community Cub: Communication Survival Toolkit. 11:00am to 12:00pm, 1:00pm to 2:00pm Room 593F, St. James</p>	<p align="center">October 8</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Let's Chat! Staying on track, time management drop in 3:00pm to 4:00pm On Zoom</p>	<p align="center">October 9</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p>	<p align="center">October 10</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p>	<p align="center">October 11</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>
<p align="center">October 14</p> <p>Thanksgiving. College closed.</p>	<p align="center">October 15</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p align="center">October 16</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p> <p>Strategies for Effective Groupwork 11:00am to 12:00pm On Zoom</p>	<p align="center">October 17</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p> <p>AT Lab Drop-in 12:00pm to 1:00pm On Zoom</p>	<p align="center">October 18</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p> <p>East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>
<p align="center">October 21 [Intersession Week]</p> <p>Stress Management 1pm to 3pm on Zoom</p>	<p align="center">October 22 [Intersession Week]</p> <p>No Programs Available.</p>	<p align="center">October 23 [Intersession Week]</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p>	<p align="center">October 24 [Intersession Week]</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p>	<p align="center">October 25 [Intersession Week]</p> <p>Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			DBT: Healthy Emotions 10:00 to 11:30am @ St. James	
<p style="text-align: center;">October 28</p> <p>Stress Management 1pm to 3pm on Zoom</p> <p>Peer Mentor+ Well-Being Events 11:00am to 2:00pm Daniels Waterfront Building</p>	<p style="text-align: center;">October 29</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Transitions to Success 3:00pm to 4:00pm On Zoom</p>	<p style="text-align: center;">October 30</p> <p>CBT: Changing Behaviours 2:00 to 3:30pm on Zoom</p>	<p style="text-align: center;">October 31</p> <p>The Inner Well 2:00 to 3:30 @ Daniels WF</p> <p>DBT: Healthy Emotions 10:00 to 11:30am @ St. James</p> <p>Talking Circle 12:00pm to 1:30pm (drop-in 1:30 to 3:00)</p>	



Student Services Calendar

November 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1 Mindfulness Skills & Healthy Thinking 10:30 to 11:45am on Zoom East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James
November 4 Stress Management 1pm to 3pm on Zoom The Community Cub: Communication Survival Toolkit. 11:00am to 12:00pm, 1:00pm to 2:00pm Room 593F, St. James	November 5 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James AT Lab Drop-in 3:00pm to 4:00pm On Zoom Wellness Tuesday 12:00pm to 1:30pm (drop-in 1:30 to 3:00)	November 6 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom	November 7 The Inner Well 2:00 to 3:30 @ Daniels WF DBT: Healthy Relationships 10:00 to 11:30am @ St. James	November 8 No Programs Available.
November 11 No Programs Available.	November 12 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James	November 13 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom Let's Chat! Staying on track, time management drop in 12:00pm to 1:00pm On Zoom	November 14 DBT: Healthy Relationships 10:00 to 11:30am @ St. James Presentation Skills 12:00pm to 1:00pm On Zoom	November 15 East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James
November 18 Peer Mentor+ Well-Being Events 11:00am to 2:00pm Theatre School	November 19 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James Strategies for Effective Groupwork 3:00pm to 4:00pm On Zoom	November 20 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom	November 21 DBT: Healthy Relationships 10:00 to 11:30am @ St. James	November 22 No Programs Available.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">November 25 No Programs Available.</p>	<p align="center">November 26</p> <p>ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p align="center">November 27</p> <p>CBT: Changing Thoughts 2:00 to 3:30pm on Zoom</p>	<p align="center">November 28</p> <p>DBT: Healthy Relationships 10:00 to 11:30am @ St. James</p> <p>Talking Circle 12:00pm to 1:30pm (drop-in 1:30 to 3:00)</p>	<p align="center">November 29</p> <p>East Asian Student Support Group 1:00pm to 2:30pm Room 593F, St. James</p>



Student Services Calendar

December 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 2 No Programs Available.</p>	<p>December 3 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p> <p>Let's Chat! Staying on track, time management drop in 3:00pm to 4:00pm On Zoom</p>	<p>December 4 CBT: Changing Thoughts 2:00 to 3:30pm on Zoom</p>	<p>December 5 No Programs Available.</p>	<p>December 6 No Programs Available.</p>
<p>December 9 Peer Mentor+ Well-Being Events 11:00am to 2:00pm TMU Campus</p>	<p>December 10 ASD & Friends Drop-in 3:00pm to 4:00pm Room 593F, St. James</p>	<p>December 11 No Programs Available.</p>	<p>December 12 No Programs Available.</p>	<p>December 13 No Programs Available. Semester End - You did it!</p>
<p>December 16 No Programs Available.</p>	<p>December 17 Transitions to Success 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!

Black Student Success Network (BSSN)

Talking Circle

Facilitated by one of GBC's Black-identifying counsellors, our Talking Circle provides a safe space for Black students to share their stories and support one another without judgment. This inclusive environment values every voice and celebrates each person's unique experiences. Join us at the BSSN Space on the last Thursday of every month to build community, foster healing, and share techniques that support mental well-being.



Wellness Tuesdays

Prioritize your mental health with our monthly Wellness Tuesday program, crafted specifically for Black students. These sessions feature engaging activities and valuable resources to support your mental well-being. Join us once a month on a Tuesday for a rejuvenating experience focused on relaxation, connection, and holistic wellness. Embrace this chance to unwind and build meaningful connections in a nurturing environment.

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.

Mindfulness Skills and Healthy Thinking Group

Learn skills to reduce stress, overwhelm or anxiety, to find more calm inside, be kinder to yourself and to experience greater well-being. We will practice different forms of mindfulness in this group. No prior experience with mindfulness is needed to participate. Join anytime, attend as many weeks as you can.

Stress Management

Learn about stress, its impacts, and practical skills to help you better manage it. Join anytime, and attend as many weeks as you can. Topics include Stress and the Brain; Self Care; Stress and Our Thoughts; Perfectionism and Procrastination; Imposter Phenomenon; and Social Health, Isolation, and Stress.

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+)

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.



East Asian Student Support Group

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

Peer Mentor+ Well-Being Events

Peer Mentor+ will be hosting small scale events at some of the smaller spaces around GBC. The tucked away spaces and places. We will be there, with empathy and understanding and tools to help you relax and cope.

The Community Club: Communication Toolkit

Ever felt nervous about approaching someone to start a conversation? Don't know how to get your ideas across in group work? Anxious about talking to your new boss? This course is about the ways in which we communicate with each other. How to listen effectively, how to communicate through social media and more.