

STRESS REDUCTION AND RELAXATION WORKSHOP SERIES

Learn how to relax and reduce your stress. This workshop series is available by request for student groups and associations. You will practice techniques including:

- Brief Relaxation Exercises
- Mindfulness Meditation
- Guided Imagery Exercises

The sessions typically occur once per week for five weeks. To enrol in any of the workshops, please sign up at the reception desk at the Centre for Student Development and Counselling by visiting JOR-07C or by calling 416-979-5195.



SPECIAL SERVICES

RYERSON SAFE HOUSE

The Ryerson Safe House (RSH) offers support for students who are at immediate risk of physical or sexual abuse or who are fleeing intolerable living conditions. Utilizing a team approach, the RSH helps students to access emergency shelter, provides safety planning as well as emotional support and assistance with respect to security, academic and financial concerns. For more information about RSH call 416-979-5195 or visit www.ryerson.ca/counselling.

RYERSON CRISIS TEAM

The Ryerson Crisis Team works with members of the Ryerson community who have been affected by a traumatic event. The team can provide a confidential facilitated group discussion with a goal of reducing the impact of the trauma. To arrange for an intervention please contact the Centre for Student Development and Counselling at 416-979-5195.

ALL OF OUR SERVICES ARE FREE, CONFIDENTIAL AND DELIVERED BY HIGHLY QUALIFIED STAFF.



INDIVIDUAL COUNSELLING

The Centre for Student Development and Counselling (CSDC) provides confidential individual counselling in a professional and friendly environment. Counsellors are available to work with students on a one-to-one basis in relation to a variety of personal concerns and crisis situations. As well, we provide individual counselling for those experiencing confusion about their educational or career goals and assist students in navigating Ryerson's academic system.

PROCEDURES FOR APPOINTMENTS

To book an appointment for either individual counselling or for a pre-group interview call the Centre for Student Development and Counselling at 416-979-5195 or drop by JOR-07C.

CONFIDENTIALITY

All meetings with counsellors are confidential within legal and ethical guidelines. For the full statement on confidentiality please visit www.ryerson.ca/counselling.

HOURS AND LOCATION

- **LOCATION:** JOR-07C, Jorgenson Hall
- **HOURS:** Monday - Friday, 9 a.m. - 5 p.m.
- **TELEPHONE:** 416-979-5195
- **EMAIL:** csdc@ryerson.ca
- **WEBSITE:** www.ryerson.ca/counselling



MANAGE YOUR STRESS TAKE CHARGE OF YOUR LIFE



www.ryerson.ca/counselling

- Personal Counselling
- Career Counselling
- Academic Advising
- Educational Planning
- Crisis Intervention
- Group Programs

Centre for Student Development & Counselling



RYERSON
UNIVERSITY

PERSONAL DEVELOPMENT GROUPS

- Ongoing small and confidential weekly counselling groups (4-10 sessions).
- For a pre-group interview, please contact 416-979-5195. Group times are flexible to meet your schedule.

THE SHYNESS CLINIC

Do you find it hard to meet new people? Do you sometimes “shy” away from social situations or classroom presentations? In this group, you will learn ways to manage your shyness and make it work to your advantage. Join us and discover how you can be shy and happy too.

RELATIONSHIP LAB: LEARNING DATING AND COUPLE SKILLS

Being in an intimate relationship can be a wonderful experience. However, relationships can also be complicated. Communication, social, negotiation and conflict resolution skills are needed to navigate and maintain all intimate relationships. If you think you need to learn some or all of these dating and couple skills, this group may be right for you.

LIFT THE DEPRESSION

This group will provide you with an opportunity to join other students for 10 weeks and gain skills in changing negative and self-defeating thoughts, shifting your attitude, and improving your mood.

GAY, BI, QUEER, TRANS MEN'S DISCUSSION GROUP

This small and confidential group will get together weekly to discuss important topics that matter to the GBQT men's community. Some of these topics include, but are not limited to: friendships within the GBQT men's community, healthy intimate relationships, body image, self-esteem, sex and family.

LESBIAN, BI, QUEER WOMEN'S* DISCUSSION GROUP

This small and confidential group will get together weekly to discuss important topics that matter to the lesbian, bi, queer women's communities. Some of these topics include, but are not limited to: finding women's community, healthy intimate relationships and sex, and managing family responses to our sexuality and gender expressions.

*This group welcomes trans women who are LBQ-identified

FAMILY RELATIONSHIPS: LEAVING THE BAGGAGE BEHIND

Some of us may carry family baggage because of strained relationships in our family. These relationships may have been strained by concerns such as critical or absent parenting, exposure to or experience of abuse and/or alcoholism. This group explores the relationships you had/have in your family and how that continues to impact your current relationship with yourself and others.

INTERPERSONAL THERAPY GROUP

Do you feel like you have to hide part of yourself to maintain relationships? Do you stay silent due to worries about how others may perceive you? This group will provide you with the opportunity to learn how to be more “real” in relationships in a safe, fun and confidential small-group setting.

WORRYWART

Do you often think about the worst-case scenarios? Do other people think you worry excessively? If you answered yes to any of these questions, the Worrywart group may be right for you. This group will give you the opportunity to join other students to learn skills for managing your worries in a safe and confidential environment.

FACING LOSS

Everyone experiences grief and loss in their own way, but nobody needs to carry the grief on their own. In this small confidential group, you will be able to share your loss with other people in a supportive atmosphere. We will also learn more about grief, and share with each other ideas and materials that we have found helpful and comforting.

MINDFULNESS MEDITATION STRESS REDUCTION GROUP

This group will allow you to develop a sense of “mindfulness,” which is a non-judgmental, moment-to-moment awareness of being in the here and now towards your thoughts and feelings. In this group you will learn how to recognize your reactive stress and your negative thought patterns by practicing meditation and body awareness.

SELF-DISCOVERY WORKSHOPS

- For dates and times please consult our website at www.ryerson.ca/counselling.
- To enrol in either of these workshops, please sign up at the reception desk at the Centre for Student Development and Counselling by visiting JOR-07C or by calling 416-979-5195.

MAXING OUT: GETTING THE MOST OUT OF YOUR RYERSON EDUCATION

Do you have the unrealistic belief that your degree alone will get you the job you want? Would you like to know how to make the most of your time at Ryerson to learn more about yourself and develop your “career portfolio”? Come to this workshop and hear directly from other students about the opportunities on campus to creatively expand your skills, contacts and resume-building experiences, and build a solid path to the occupation you desire.

DISCOVER YOUR PASSIONS — CREATE YOUR DREAM

Many students hope to find a career that reflects their passions. Participate in exercises designed to help you explore what would give meaning and purpose to your work and life. You will also begin to identify the key elements in moving in the direction of your dreams.



CAREER DEVELOPMENT WORKSHOPS

- To register for these workshops offered by counsellors in the Centre for Student Development and Counselling consult the Career Development and Employment Centre website at www.ryerson.ca/career.

HELP — I'M NOT SURE I'M IN THE RIGHT PROGRAM

Not happy with your program of studies? Have you lost motivation because you have no interest in your courses? Are you unsure about what else to do? These doubts are not uncommon and may mean it's time to re-evaluate your direction by exploring who you are and what you really want. We'll also be talking about what you'll need to know if you want to transfer to another program.

YOUR CAREER: CHANCE OR CHOICE?

Are you confused about your direction after Ryerson? Would you like to learn strategies for making decisions about work and educational opportunities that would be appropriate for you? Self-knowledge is the starting point. Gathering information about what's out there is another important step. Join us to acquire the tools you need for successful career planning now and in the future.

GETTING INTO GRADUATE AND PROFESSIONAL SCHOOLS — PART 1

As larger numbers of students seek more than an undergraduate degree, the competition for entry into graduate and professional programs intensifies. Early planning, being aware of what to expect and knowing how to make yourself a strong candidate will increase your chances of a positive outcome. This workshop will show you what you need to get started.

