



Navigating Substance Use

• SUPPORT GROUP • VIRTUAL • MULTI-SESSION

Receive support for issues related to substance use, misuse, or abuse in this 8-week group led by professional counsellors. Open to all students from Queen's University and St. Lawrence College, it gives participants the opportunity to connect with others in a supportive peer-group setting. Sign up to receive the link to these weekly sessions where we connect online, face-to-face. To foster a supportive setting, registration will close after February 2nd.

- Are you always thinking about alcohol/substances?
- Are you able to stop drinking/using when you want to?
- Has anyone ever told you they were concerned about your alcohol/drug use?
- Have you ever neglected friends/ family or missed school/work because of your use of substances?

Every Wednesday

JAN 26 - MAR 16

1:00 pm - 2:30 pm

SCAN or CLICK on the QR Code
to Register →



<https://bit.ly/Navigating-Substance-Use-Registration-W22>



STUDENT AFFAIRS
STUDENT WELLNESS SERVICES



Student Wellness
& Accessibility



Winter 2022

wellness@sl.on.ca

Effective Study Strategies

• FOR ALL STUDENTS • DROP-IN • VIRTUAL • REPEATED

Study: The act of texting, eating and watching TV with an open book nearby - NOT! Come and learn what study strategies actually work in a workshop led by our Learning Strategist.

The same workshop is offered 3 separate times to accommodate varying schedules, or desires to repeat.

Tue, FEB 1

12:00 pm - 1:00 pm

Mon, FEB 7

12:00 pm - 1:00 pm

Thu, FEB 10

5:00 pm - 6:00 pm

- SCAN or CLICK on the QR Code to join on *Teams*.



<https://bit.ly/Effective-Study-Strategies-W22>

Winter 2022



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Living & Learning with Chronic Pain

- PEER SUPPORT GROUP • MULTI-SESSION • VIRTUAL

Connect with others who live with chronic pain while learning strategies to cope as a postsecondary student. Topics include impacts of stress on pain, emotional and physical wellness, and ways to effectively communicate with others.

Weekly on Tuesdays, FEB 1 - APR 5 • 10:30 am to 12:00 pm

- SCAN or CLICK on the QR Code below to join on *Teams*.

Session 1: FEB 1



Session 2: FEB 8



Session 3: FEB 15



Session 4: FEB 22



Session 5: MAR 1



Session 6: MAR 8



Session 7: MAR 15



Session 8: MAR 22



Session 9: MAR 29



Session 10: APR 5



Yoga For A Healthy Mind

• FOR ALL STUDENTS • DROP-IN • VIRTUAL

Led by one of our Counsellors, who is also trained in yoga instruction, these sessions combine all the benefits of yoga with a special focus on practical strategies for building personal resilience. Participants benefit from improving the mind-body-spirit connection and reducing in-the-moment anxiety. Appropriate for beginners with options for intermediate-level poses.

Join us weekly to reap the full benefits of your practice!

• SCAN or CLICK on the QR Code below to join on *Teams*.

Every Thursday

FEB 3 - MAR 31*

12:00 pm - 12:50 pm

*No session during break week, Mar 10



<https://bit.ly/Yoga-For-A-Healthy-Mind-W22>

Winter 2022



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Striving in Stress

• WORKSHOP • FOR ALL STUDENTS • VIRTUAL • REPEATED

Feeling anxious is common and can be a helpful tool as we navigate our everyday lives, but sometimes, our anxiety can exceed our ability to cope. Led by a Student Success Facilitator and a Counsellor, this introductory workshop is designed to help you learn more about managing your anxiety by increasing your personal and academic resilience.

Offered 4 times this semester to accommodate varying schedules. Feel free to attend more than once, if you need a refresher or extra encouragement throughout the semester.

• SCAN or CLICK on the QR Code to join on *Teams*.

Wed, FEB 9

12:00 pm - 1:00 pm

Wed, FEB 23

5:00 pm - 6:00 pm

Tue, MAR 1

12:00 pm - 1:00 pm

Thu, MAR 24

5:00 pm - 6:00 pm



[https://bit.ly/
Striving-In-Stress-W22](https://bit.ly/Striving-In-Stress-W22)

Winter 2022



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Exam Success Strategies

• WORKSHOP • FOR ALL STUDENTS • VIRTUAL • REPEATED

Learn some proven success strategies on how to prepare for exams, perform at your best and reduce stress in this workshop with our Learning Strategist.

Offered 4 times this semester to accommodate varying schedules. Feel free to attend more than once, if you need a refresher or extra encouragement between mid-term and final exams.

• SCAN or CLICK on the QR Code to join on *Teams*.

Mon, FEB 14

12:00 pm - 1:00 pm

Tue, FEB 22

5:00 pm - 6:00 pm

Wed, MAR 23

12:00 pm - 1:00 pm

Thu, MAR 31

5:00 pm - 6:00 pm

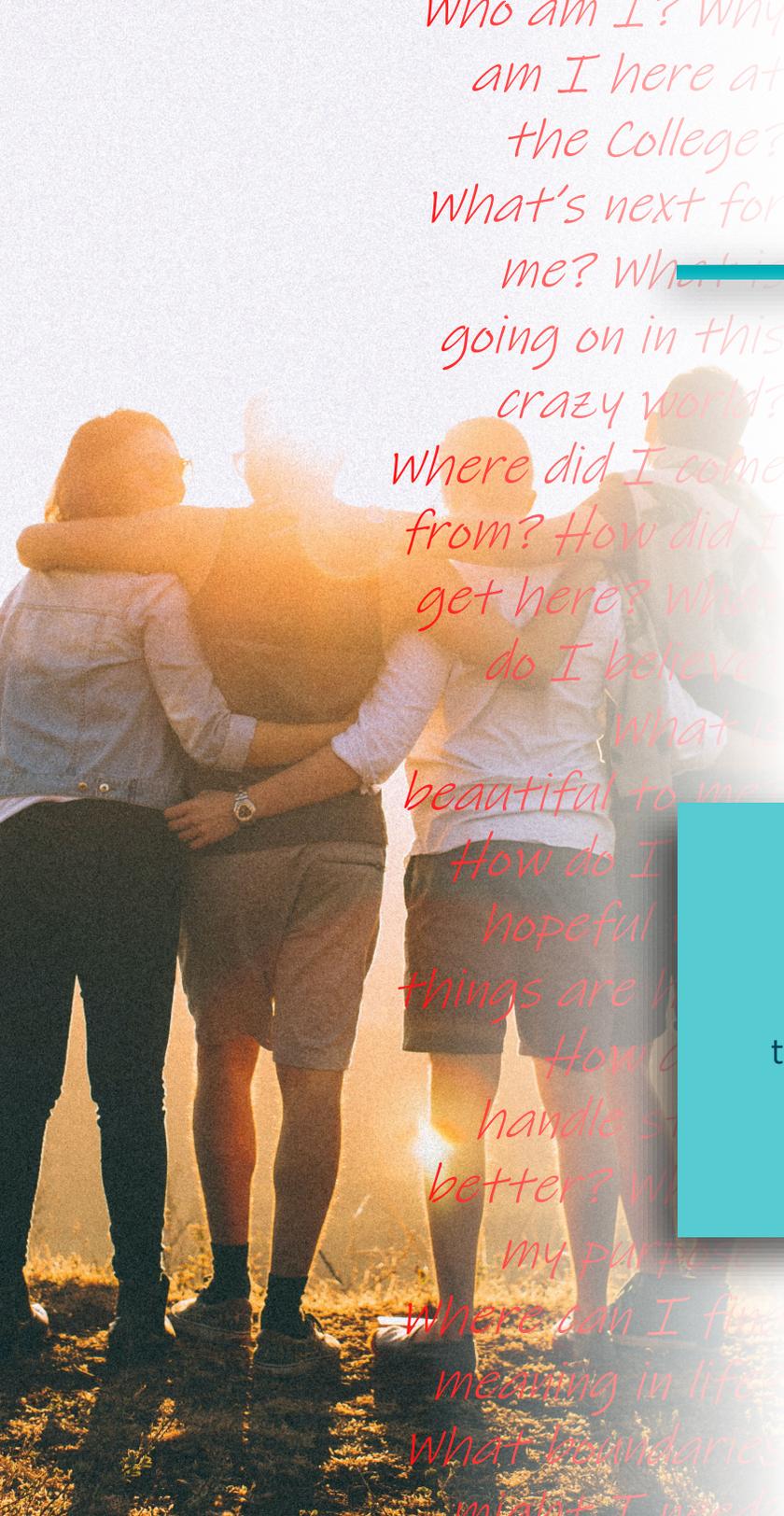


<https://bit.ly/Exam-Success-Strategies-W22>

Winter 2022



wellness@sl.on.ca



Who am I? Why
am I here at
the College?
What's next for
me? What is
going on in this
crazy world?
Where did I come
from? How did I
get here? What
do I believe?
What is
beautiful to me?
How do I
hopeful
things are
How do
handle s
better? W
my purpose
Where can I find
meaning in life?
What boundaries
might I need?

Huddle Groups

- FOR ALL STUDENTS • PEER GROUPS

Connect in a small group with others who have similar interests, tackle some of your big questions together, and THRIVE!

Huddles are small groups of 2 to 4 students and a leader who meet weekly, online or in-person, as able.

No judgment.
Just safety, respect and encouragement.

SCAN or CLICK
on the QR Code
to find out more and to sign up
→



<https://bit.ly/Thrive-SLC>

Questions? Contact Kathy at spiritualcare@sl.on.ca

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