

## FAQ About Groups at GBC

### What groups does George Brown offer?

You can see information about our current group offerings / when groups are scheduled online on our counselling website.

### What are wellness skill building groups?

In an educational setting such as college, you learn new skills for your future career. Our groups are similar; however, in our groups, you will learn tools to help you cope with difficult thoughts, emotions, and behaviours in a supportive group setting. In our groups, we aim to help you understand yourself, improve resilience, and feel better.

### What are the benefits of wellness skill building groups? How do I know if group is for me?

Research shows that group-based learning is an effective and time efficient way to learn wellness skills. You will learn new skills in a structured way, you will benefit from the experiences and support of your peers, and you will learn tools that have been proven to help people improve their quality of life. In just a few group sessions, you may begin noticing improvements, which may lead to improved emotional and overall wellbeing and a greater sense of connection to others who share similar experiences. Students often report that through the group process they learn that they are not alone and feel supported and empowered towards building lives that feel more satisfying to them.

### What can I expect from group?

Each group is a little bit different. In general, you can expect to learn 1-2 skills, connect with peers in a facilitated way, and engage in experiential wellness activities. For more information about what to expect from each group, you can view group descriptions on our website or speak with a counsellor directly.

### Are groups offered virtually or in person?

Some of our groups are offered virtually, and some are offered in person. See our website for more information.

### Do I have to keep my camera on during online groups?

We ask that participants keep their camera on during group. This will help us connect with you and it will help you connect with your peers.

### What kind of time commitment is involved?

Groups are 1 hour to 1.5 hours long and run on a weekly basis. Some of our groups require commitment to attending a certain number of sessions, while you can attend as many sessions as you can for other groups. See the website or speak with a counsellor for more information.

### What's the difference between an open and a closed group?

You can join an open group at any time. A closed group has a set number of sessions and participants. We offer both open and closed groups at GBC. See our website for details!

### What can we share in group? Is it confidential?

You are welcome to share what you feel comfortable sharing. We emphasize the importance of confidentiality and aim to create a safe and private space in all of our groups.

### I'm shy and may not feel comfortable in a group setting, should I still attend?

Yes! This is normal. You can participate to your level of comfort. Many students feel nervous about attending group at first; however, after attending a few sessions, most students report appreciating the opportunity to make connections with others, learn new skills, and develop within themselves.

### What if my classmates see me in group?

It's normal to feel nervous about encountering your classmates in group, and if you do see your classmates in group, it's likely that they're feeling exactly the same way. We emphasize the importance of confidentiality and aim to create a safe and private space in all of our groups.

### How do I sign up for group?

To join these groups, book an intake appointment with a counsellor and let them know which group you're interested in. To request an appointment, either email [letstalk@georgebrown.ca](mailto:letstalk@georgebrown.ca) or book online through the Counselling Student Portal. Spaces are filled on a first-come, first-served basis.

What if I have a question about group that isn't answered here?

You can email [letstalk@georgebrown.ca](mailto:letstalk@georgebrown.ca) or ask any counsellor on our team!