



## Fall 2024 Groups and Workshops

Currently we are offering the following workshops/groups for Acadia students for the September-December term. Drop by the office of phone 902-585-1246 for more details and registration.

*\*All programs are free. Groups do not run during reading break or on holidays.*

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### **Acadia Men's Wellness Space**

We are a group of Acadia students who are male, or who identify with masculinity. This includes cisgender and trans men, as well as non-binary people who feel aligned with spaces where maleness and masculinity are discussed.

What will we do: Cook a delicious meal together, connect, have fellowship, and discuss topics relevant to Men's health issues mind, body and spirit. Topics may include: Processing of difficult emotions, Stress Management, Supporting a friends in difficult times, Communicating Effectively, Loneliness and Connection, Optimizing Sleep, Myths of Men's Mental Health, and Rest and topics chosen by student members.

**Facilitator:** David Macphee, Duncan Ebata, Brent LeGrow

5:30 - 7:30 pm, September (start date to be determined), Bi-weekly

**Location:** Manning Memorial Chapel - Basement

### **Coffee, Chai, Chat - Drop In**

Are you away from home? Are you new to Canada? Interested in meeting new people? Coffee, Chai, Chat is a weekly drop-in program where students can come together to discuss wellness topics (i.e., healthy relationships, sleep, nutrition, loneliness, culture, exam stress) fostering a sense of community over a cup of chai or coffee.

**Facilitator:** Christina Gentile

2:30-3:30 pm, Wednesdays, September 4th - December 4<sup>th</sup>

**Location:** Manning Memorial Chapel - Basement

### **Embodied Creativity**

This six-week series invites participants to listen into their embodied experience and connect with their creativity. We explore themes of self-expression, personal growth, boundaries, authenticity, and resisting systems that promote disconnection. We do this through awareness practices and art making (collage, zines, poetry, painting, drawing). This series will be approached collaboratively and evolve based on the interests of participants. Materials and simple snacks will be provided. You are welcome to drop in at any point from 4:00-5:30pm.

**Facilitator:** Emilie Zimmer and Allison Smith

4:00 - 5:30, Tuesdays, September 24<sup>th</sup> - November 5<sup>th</sup>

**Location:** To be determined.

### **Journey to Wellness: Drop-In Eating Disorders Support Circle**

The Eating Disorder Drop-In Group is for students who are experiencing difficulties with eating in the form of: restriction or anorexia nervosa; bingeing with or without purging or bulimia nervosa; compulsive eating; and unspecified disordered eating. Its primary aim is to offer a safe environment, encourage self-directed growth, and address underlying emotions. This group operates on a drop-in basis, meaning once you've signed up, you can attend weekly or whenever you are able to make it. Let's journey to wellness over a cup of tea.

**Facilitator:** Christina Gentile

3:00-4:15 pm, Mondays, September 16 - December 2

**Location:** Clark Commons

### **Joy Circle**

Based on the work of psychologist, Dr. Della V. Mosley, Joy Circle is a gathering where we will intentionally cultivate joy! It is essential to carve out time to focus on joy, especially in a world where pain, suffering, and grief often dominate the narrative. Together, we will explore how joy has the power to uplift and sustain us. As we bear witness to violence and adversity unfolding in the world, it becomes increasingly important to connect to themes of resistance, hope, and community support. This session will include movement, music, reflections, and incorporation of your unique experiences of joy. Join us to explore and reclaim joy! **Note: Registration is open to Black, Indigenous, and racialized students**

**Facilitators:** Marissa Walter and Chaiti Seth

12:00 - 1:30pm, Friday, September 27

**Location:** Clark Commons

### **Kickboxing for Trauma Survivors**

A group focused on strength and empowerment for trauma survivors. No kickboxing experience necessary. Please note that this is not a self-defense class. Spaces limited to 10 students. Email [allison.smith@acadiau.ca](mailto:allison.smith@acadiau.ca) to register.

**Facilitator:** Allison Smith

4:00-5:00 pm, Thursdays, Starting September 26<sup>th</sup>.

**Location:** Dance/Wellness Studio (located in the lower level of the Old SUB).

### **Restshop**

What is a Restshop? Based on Tricia Hersey's *Rest is Resistance*, this concept aims to reexamine societal norms and expectations related to work and rest. Restshop will provide space for participants to explore the theme of rest and self-care in their lives, while offering interactive practices to engage in collective rest and self-care. According to Tricia Hersey, "You were not just born to center your entire existence on work and labor. You were born to heal, to grow, to be of service to yourself and community, to practice, to experiment, to create, to have space, to dream, and to connect." **Note: Registration is open to Black, Indigenous, and racialized students**

**Facilitators:** Marissa Walter and Shaani Singh

12:00-1:30pm, Friday, November 15

**Location:** Clark Commons

### **Rooted Tuesdays: Wellness Support Group for Black Students**

This drop-in support group offers Black students an opportunity to share and explore their thoughts, concerns, and experiences in a safe and liberating space. Discussions will focus on the multifaceted "Black student experience" at Acadia. Topics may include wellness, stigma, being "the only one," culture, and community. The group format will allow for Black students from diverse identities, countries, cultures, programs, and levels of study, to connect and experience a sense of community support. This group operates on a drop-in basis, meaning that once you've signed up, you can attend bi-weekly or whenever you are able to make it.

**Facilitators:** Marissa Walter and Dotun Olutoke

6:00-8:00 pm, Bi-Weekly on Tuesdays, September 10 - December 3 (See Glossary for each session date)

**Location:** Clark Commons

### Unity “Umoja” Djembe Drumming Circle

This djembe drumming circle is open to all Acadia students and is inspired by *Umoja*, a Swahili term for “Unity.” Djembe drumming has been shown to decrease stress and anxiety and offers a unique opportunity for community and connection. Workshop participants will learn drumming patterns and experience a holistic wellness alternative that integrates mind, body, and spirit. No previous drumming experience is required. **Note: This workshop has a maximum capacity of 20 participants and registration will operate on a first come, first served basis.**

**Facilitator:** Dr. Henry V. Bishop

4:00 - 5:30 pm, Tuesday, October 1

**Location:** Clark Commons

### Group & Workshop Glossary

<b>Name</b>	<b>Dates</b>	<b>Day</b>	<b>Time</b>	<b>Page Number</b>
<b>Journey to Wellness: Drop-In Eating Disorders Support Circle</b>	Sept 16 - Dec 4 <sup>th</sup>	Mondays	3:00 - 4:15 pm	2
<b>Embodied Creativity</b>	Sept 24 <sup>th</sup> - Nov 5 <sup>th</sup>	Tuesdays	4:00 - 5:30 pm	2
<b>Acadia Men's Wellness Space</b>	Bi-weekly September (TBD)	Tuesdays	5:30 - 7:30 pm	1
<b>Rooted Tuesdays: Wellness Support Group for Black Students</b>	Sept 10 Sept 24 Oct 8 Oct 22 Nov 5 Nov 19 Dec 3	Tuesdays	6:00 - 8:00 pm	3
<b>Umoja Drumming Circle</b>	Oct 1	Tuesday	4:00 - 5:30 pm	4
<b>Coffee, Chai, Chat - Drop In</b>	Sept 4- Dec 4 <sup>th</sup>	Wednesdays	2:30-3:30 pm	1
<b>Kickboxing for Trauma Survivors</b>	Start: Sept 26 <sup>th</sup>	Thursdays	4:00 - 5:00 pm	3
<b>Joy Circle</b>	Sep 27	Friday	12:00 - 1:30 pm	2
<b>Restshop</b>	Nov 15	Friday	12:00 - 1:30 pm	3

Please email [counselling@acadiu.ca](mailto:counselling@acadiu.ca) or call 902.585.1246 for group registration.

