

**WINTER****2025**

MENTAL HEALTH VIRTUAL GROUP-BASED SUPPORT

Humber Polytechnic and Family Services Toronto are offering **FREE** virtual mental health support groups for all Humber learners! Connect, share, and build tools for your mental health & well-being.
Sessions pause during March Break.

ARRIVING TOGETHER: SLGBTQ+ NEWCOMERS

A welcoming group for 2SLGBTQ+ newcomers to share experiences, make connections, and access resources on settlement, employment, and healthcare.

6-week drop-in group, starting on January 20. Pre-registration required.

MONDAYS
4 - 6 PM

WEDNESDAYS
7 - 9 PM

ARTS IN TRANS*ITION

An arts-based peer support group for 2STNB+ individuals exploring gender transition through writing, drawing, poetry, and more. All art-making abilities are welcome!

4-week closed group, starting on January 22. Registration required.

NERVOUS SYSTEM RESET

Engage in body-based grounding techniques, trauma-informed yoga, and mindfulness to manage emotions like anxiety, depression, or trauma responses.

8-week drop-in group, starting on February 05. Pre-registration required.

WEDNESDAYS
10 - 11 AM

THURSDAYS
1 - 2:30 PM

EMOTIONAL REGULATION GROUP

Learn techniques to reduce anxiety and improve self-regulation in a safe, supportive space. Each session builds on the previous one.

6-week closed group, starting on February 06. Registration required.

REGISTER
NOW

Email: SAU@FAMILYSERVICETORONTO.ORG
With subject line: Humber Student Registration Request
OR Call: 416-595-9618

FOR GENERAL QUESTIONS
CONTACT SWAC