

CS: Group Supports

Version 4

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Workshops & Groups

Find your flow, fuel your goals, one support at a time.

Looking for support that's real, reliable, and actually helpful? Seneca's group wellness supports are a powerful way to connect, learn, and grow, all in a supportive, welcoming space. Whether you want to build confidence, manage stress, or simply meet others who get what you're going through, our groups are a great place to start.

You'll leave with new tools, real insight, and maybe even some new friends. It's all part of Life@Seneca, because your mental health matters here.

Group Supports

Feel more grounded, gain new tools, and start where you are.

Looking for deeper support while navigating life's challenges? These groups offer safe, healing spaces where you can grow resilience, explore difficult emotions, and connect with others walking a similar path. Perfect for students who want:

- Support with overwhelming feelings or mental health concerns
- Help navigating identity, trauma, or transitions
- A non-judgmental community of understanding and growth

📅 **Check out our [Events Calendar](#) to see what is offered this semester!**