

# COUNSELLING & DEVELOPMENT CENTRE

## Personal Counselling and

### Register **NOW** for **GROUPS**

- Assertiveness Training
- Effective Communication Skills
- Personal Growth
- Quality of Life in Mid-Life
- Social Skills
- Stress Management for Students
- Progressive Relaxation
- Weight Control

Most groups begin in late September or early October. Enrollments are limited, so sign up **NOW**.

### Come in and **HELP YOURSELF** in the SELF-HELP PROGRAMME

Information and assistance on a wide variety of issues

- Time Management
- Tension and Anxiety
- Depression
- Sleep Problems
- Shyness
- Alcohol and Drug Management
- Effective Study Habits
- Nutrition and Fitness
- Recreation
- Parenting
- Birth Control

etc., etc., etc., . . .

**COMING  
SOON:**

## UNIVERSITY SKILLS SERIES

Weekly noon-hour discussions focus on:

- Time Management
- Stress Management
- Reading a Textbook
- Studying for Exams

SERIES I: MONDAYS, 12 noon to 1:00 p.m. Starting **September 29**.  
Room 163 Behavioural Sciences Building

SERIES II: THURSDAYS, 12 noon to 1:00 p.m. Starting **October 2**.  
Room B01 Administrative Studies Building

For more information about these or our other programmes, visit our main reception area. Our offices are open from 9:00 a.m. to 5:00 p.m., Monday to Friday. All of our services are **free** to members of the York University community.

# CDC

145 Behavioural Sciences Building  
736-5297

Counselling    Education    Research    Clinical Training