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## Get rid of all your problems at York Counselling Centre

By **BILL GLADSTONE**  
 Before your New Year's resolutions fade completely, as your January aspirations get lost amidst your February "blahs", you might begin to fulfil a few by participating in the Counseling And Development Centre's Group Programme.

Over the current winter term, the CDC is sponsoring such groups as assertiveness training, gestalt, sensory awareness, weight control, singles, bioenergetics, transactional analysis, and others.

Increasing your awareness of self and others can provide you with the personal momentum needed for self-change and-or easier self-acceptance.

These groups involve the participants in a situation where they can learn more about themselves, others, and groups, and they attempt to handle personal problems involving difficulties in communication, feelings of loneliness, dissatisfaction about personal relationships or self, weight control, assertiveness, being single, etcetera.

The assertiveness group can help you stand up for yourself. Gestalt will try to put you back into the "here and now." The sensory awareness group focuses on the minute-to-minute sensations and perceptions of the human body. Transactional Analysis will make you feel OK. And all the groups tailor themselves, to an extent, to the needs of their participants.

While no one can expect his group to change him over completely or to solve all of his problems, even those past participants involved just for the sake of their own curiosities about groups, have felt the experience to be a worthwhile one.

Most of these groups will begin between now and the end of January, and further details as well as information about joining can be had by dropping in to the Behavioural Sciences Building, Room 145, or by calling Eva Pila at 667-2305.

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Receptionist Charlene Denzel chats with staffworker Judy Harwood at the Counselling and Development centre.

### Lethbridge bedrooms

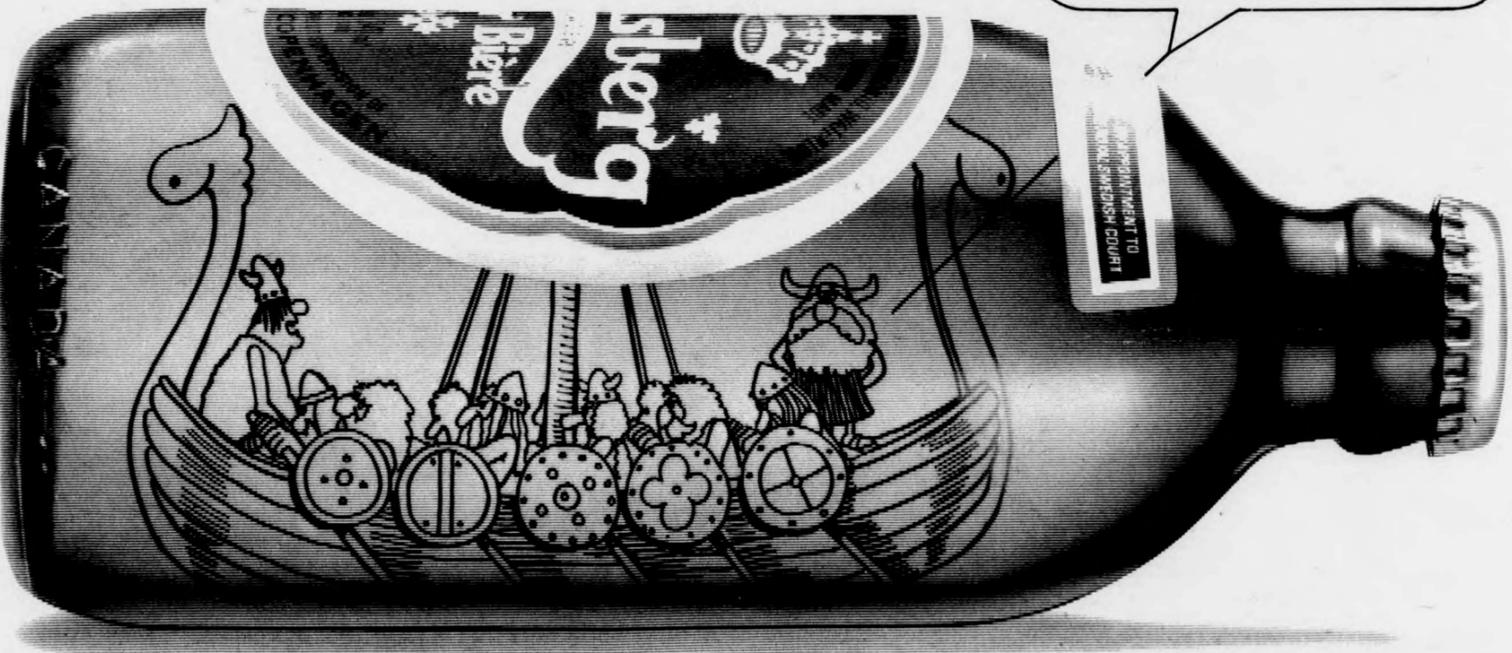
LETHBRIDGE (CUP) — University of Lethbridge administrators want to open almost two-thirds of its residence space to first-year Canadian students and limit visa students to less than one per cent, according to a one-page memorandum.

Housing officer Bill Stewart and student services co-ordinator Ray McHugh suggest in the memo that 225 of the residence's 362 spaces be reserved for first-year Canadians "whose home is not within reasonable commuting distance of Lethbridge."

Students who live in residence during the spring term will be given priority for the remaining 137 rooms.

"All other new students will be admitted to residence on a first come and deposit paid basis," according to the memo. "A maximum of 30 places will be assigned to those students attending university while on a student visa."





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