

COUNSELLING AND DEVELOPMENT CENTRE

# GROUPS AND WORKSHOPS

**FALL 1988**

- Anxiety Reduction
- Assertiveness Training
- Avoiding Procrastination
- Communication Skills
- Motivational Strategies
- Problems of Women Managing Dual Careers
- Relaxation Training
- Self-Change and Management Programme (SCAMP)
- Self-Hypnosis Training to Enhance Academic Performance
- Stress Management
- Weight Management

*Students, staff, and faculty members are invited to participate in these sessions. Group sizes must be limited, so register now.*

*For more information, call us or come to our offices on the ground floor of the Behavioural Sciences Building.*

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**CDC**

145 Behavioural Sciences Building

**736-5297**

Counselling

Education

Research

Clinical Training