

## Counselling services offered

Dear Editor:

Every term, Counselling Services offers programs designed to meet student needs. One such program is The Human Relations Communication Workshop. Enclosed you will find a flyer describing this workshop. I would appreciate it if you would bring this information to the attention of any students who you think may be interested. For students who think they might be interested in the workshop, there will be an information session on Thursday, September 22,

7:00 - 9:30 p.m. in Counselling Services, Alumni Memorial Building. Anyone who cannot attend this meeting or would like further information is invited to stop by during the day or phone 453-4820. Thank you for your help.

Sincerely,  
Heather Davey, Counsellor

Again this term, Counselling Services is offering the Human Relations Communications Workshop. The goals of this workshop are: (1) to develop communication skills and (2) to em-

power participants to increase their social-emotional well-being. Participants in this workshop learn how to get in touch with their feelings and experience sharing with others, especially peers. They learn to respond to peoples' feelings with empathy and to respond with respect for the other person's ability to find solutions for his or her problems. The workshop reduces insecurity and

loneliness, enhances self-esteem and aids in finding self-direction.

This workshop would be of interest to students who feel confused about who they are and down on themselves; for couples who are losing touch with each other and want to restore emotional contact; and for people who want to help both themselves and others.

The workshop will have weekly sessions, each four

hours long. To help interested students decide if they want to become involved in workshop, there will be an information meeting on Thursday, September 22 from 7:00 - 9:00 p.m. in

Counselling Services, downstairs in the Alumni Memorial Building. Students who are interested but cannot make the meeting can call 453-4820 or stop by during the day.

