Counselling and Development Centre

# GROUPS and WORKSHOPS Fall 1990

# Avoiding PROCRASTINATION

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Understand why you procrastinate; learn how to change your behaviour. Now is the time to make a fresh start.

### SELF-CHANGE and MANAGEMENT Programme (SCAMP)

Choose the behaviour(s) you want to increase or decrease. Study more, get in shape, beat deadlines . . .

#### Adult Children of ALCOHOLICS

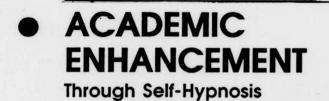
Focus on identifying and understanding the problems of growing up in an addicted family.

## BEREAVEMENT Group

If you have experienced the death of a family member or friend, you may well benefit from this peer support group.

# • PUBLIC SPEAKING

Learn how to organize and present your thoughts and material in large and small groups.



- Reduce tension & anxiety
- Improve motivation, memory, concentration, self-confidence

• **RELAXATION** Training Learn specific techniques including deep breathing, muscle relaxation, and imagery.

# Stress of LONELINESS

For many people, life at a large university in a large city can be lonely. Learn to cope with ease, and reduce your feelings of loneliness.

## **STARTING SOON !!**

Enrolment is limited . . . Register now.

# CDC

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Counselling

Education

Research

**Clinical Training**