

Counselling and Development Centre

## **GROUPS and WORKSHOPS Fall 1990**

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● **Avoiding PROCRASTINATION**

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

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● **SELF-CHANGE and MANAGEMENT  
Programme (SCAMP)**

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

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● **Adult Children of ALCOHOLICS**

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

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● **BEREAVEMENT Group**

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

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● **PUBLIC SPEAKING**

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

● **RELAXATION Training**

Learn specific techniques including deep breathing, muscle relaxation, and imagery.

● **ACADEMIC  
ENHANCEMENT**

Through Self-Hypnosis

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

● **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.

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**STARTING SOON !!**

Enrolment is limited . . . Register now.

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**145 Behavioural Sciences Building  
736-5297**

Counselling

Education

Research

Clinical Training