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Prep courses

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We offer courses in Toronto,  
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**CAREER & LIFE  
 PLANNING SEMINAR**

(For all members of the York Community)

FRIDAY

January 25, 7:00 pm - 9:00 pm

&amp;

SATURDAY

January 26 9:30 am - 4:00 pm

N108 Ross

- SELF ASSESSMENT
- DECISION-MAKING
- GOAL SETTING
- FUTURE PLANNING

Instructor:

JOHN T. HARRIES

Director:

CAREER &amp; PLACEMENT CENTRE



(A nominal fee will be charged  
 for training resources)

**REGISTER NOW!**  
 N108 ROSS or 736-5351

**DR. ARTHUR TRAIN**  
 DENTIST

FOR APPOINTMENT CALL

661-4888

75 Four Winds Drive  
 University City Plaza, Downsview  
 (Just South of York University)

## OFFICE HOURS

Mon, 9 a.m. - 8 p.m.  
 Tues-Fri, 9 a.m. - 5 p.m.  
 Sat, 9 a.m. - 1 p.m.

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Counselling and Development Centre  
 Sexual Harassment Centre

A group programme for women  
 who have experienced

DATE/ACQUAINTANCE RAPE

OR

SEXUAL ASSAULT

by a stranger.

LEADER: Mary Patricia Blaine, RN., M.Ed.

February 4, 1991 -- 3:00 - 5:00 p.m.  
 10 Sessions

**LIMITED ENROLMENT**  
**STRICT CONFIDENTIALITY ASSURED**

For enrolment appointment, call Charlene  
 at 736-5297

This programme is supervised by the  
**Counselling and Development Centre**  
 &  
**Sexual Harassment Centre**  
 145 Behavioural Sciences Building  
 736-5297

Counselling    Education    Research    Clinical Training

Counselling and Development Centre

**BIOFEEDBACK - RELAXATION TRAINING**  
 FOR  
**TENSION HEADACHES**

with

Dr. Sue Wilson

10 Sessions

Monday, January 28th, 1991  
 12:00 to 1:00 p.m.

**LIMITED ENROLMENT \***

\* There will be an interview before enrolment.

**C D C**

145 Behavioural Sciences Building  
 736-5297

Counselling    Education    Research    Clinical Training