
COUNSELLING AND DEVELOPMENT CENTRE

Groups and Workshops

Winter 1986

- **ASSERTIVENESS TRAINING**
- **DATING AND MAKING FRIENDS**
-overcome your shyness
- **PERSONAL GROWTH GROUP**
-build self-esteem and confidence
- **SELF-CHANGE AND MANAGEMENT PROGRAMME**
-control your habits and compulsions
- **WEIGHT REDUCTION AND MAINTENANCE**

- **DEEP RELAXATION CLASSES**
- **STRESS MANAGEMENT**
-develop your personal plan to combat stress
- **COPING WITH CANADA**
-stresses and pressures on international students
- **SUCCESS WITHOUT DISTRESS**
-women graduate students group
- **LEARNING DISABILITIES PEER SUPPORT GROUP**

- **SINGLE PARENTS NETWORKING LUNCH**
-get acquainted and discuss your common needs
- **QUALITY OF LIFE IN MID-LIFE**
-lunch hour discussion groups

UNIVERSITY SKILLS SERIES

Weekly noon-hour presentations, starting Tuesday, January 21

- **TIME MANAGEMENT:** Creative Procrastination
- **READING A TEXT:** What's the point?
- **STRESS:** Friend or Foe?
- **HOW TO STUDY FOR EXAMS:** Questions and answers

Most groups begin in January.
For more information look for the C.D.C. "Groups and Workshops"
brochure at convenient campus locations.

CDC

145 Behavioural Sciences Building
667-2304

Counselling

Education

Research

Clinical Training