

Counselling and Development Centre

SERVICES FOR THE YORK UNIVERSITY COMMUNITY

PERSONAL COUNSELLING

For individuals, couples, or families. Discuss your personal concerns with a counsellor.

- All conversations confidential.
- No appointment needed for initial interview.
- Hours are 9 a.m. to 5 p.m., Monday to Friday

UNIVERSITY SKILLS SERIES

Lectures and discussions focus on:

- Time Management
- Reading a Textbook
- Stress Management
- Studying for and taking Exams

SELF-CHANGE AND MANAGEMENT PROGRAMME (SCAMP)

Structured formats to alter behaviours, thoughts, and feelings that are interfering with one's life. Possible concerns include:

- Procrastination
- Thesis Completion
- Exam Anxiety
- Eating/Sleeping Disorders
- Relaxation

SELF-HELP PROGRAMME

Books, audiotapes, videotapes, also information and assistance on a wide variety of issues, including:

- Academic/Learning Skills
- Mental Health
- Personal/Social Concerns
- Women's Issues
- Alcohol & Drugs

COMMUNITY MENTAL HEALTH CONSULTATION

All staff members of the CDC are available for consultation with individuals, offices, or departments on issues relating to the psychological well-being of the university community. CDC Staff will give presentations, design and direct workshops, and work on committees.

LEARNING DISABILITY PROGRAM

Specialized services for students with learning disabilities:

- Diagnosis & Assessment
- Advising & Orientation
- Academic & Career Counselling
- Advocacy & Peer Support

GROUPS AND WORKSHOPS FALL 1990

- Academic Performance Enhancement Through Self-Hypnosis
- Adult Children of Alcoholics
- Avoiding Procrastination
- Bereavement Group
- Effective Presentation Skills and Public Speaking
- Relaxation Training for Staff/Students
- Self-Change and Management Programme (SCAMP)
- Stress of Loneliness --
How to Develop Social Support Networks
- YUSA Stress Management
- University Skills Series

ENROLMENT IS LIMITED . . . REGISTER NOW!!!

For more information about Groups & Workshops offered by the Counselling and Development Centre, check the CDC sign in Central Square or visit our office.

Counselling

Education

C D C

145 Behavioural Sciences Building
736-5297

Research

Clinical Training