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# **Counselling & Development Centre**

## **GROUPS AND WORKSHOPS**

### **Fall 1985**

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- **ASSERTIVENESS TRAINING**  
-Learn how to assert yourself appropriately
- **DATING AND MAKING FRIENDS**  
-Overcome your shyness
- **STRESSES AND PRESSURES IN A NEW CULTURE**  
-International Students Group
- **BUILDING SELF-ESTEEM & CONFIDENCE**  
-Personal Growth Group
- **RELAXATION GROUP**  
-Learn and practice the skills of deep relaxation
- **CONTROLLING YOUR HABITS & COMPULSIONS**  
-Self-Change and Management Group
- **SINGLE PARENTS GROUP**  
-Balancing all your roles: Problems and solutions
- **DEALING WITH THE STRESSES OF GRADUATE STUDIES**  
-Women Graduate Students Group
- **UNIVERSITY SKILLS SERIES**  
-Living and Learning: Some university survival tips

Groups begin in October and November. Enrollment is limited, so register NOW. For more information, please call or come to our offices.

**CDC**

145 Behavioural Sciences Building  
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Counselling

Education

Research

Clinical Training