
Counselling and Development Centre

GROUPS AND WORKSHOPS WINTER 1991

- **Stress Management for Students**
Strategies for dealing with exam anxiety, family and social stressors.
- **Self-Change and Management Programme (SCAMP)**
Choose the behaviour(s) you want to increase and decrease. Study more, get in shape, beat deadlines....
- **Effective Communications and Public Speaking Skills**
Learn how to organize and present your thoughts and material in large and small groups.
- **Avoiding Procrastination**
Understand why you procrastinate. Learn how to change your behaviour.
- **Relaxation Training Skills**
Learn how to relax your body and mind.
- **Weight Management and Eating Disorders**
- **Personal Growth Group**
- **Stress Management and Self-Confidence Development Programme for Athletes**
- **Strategies for Overcoming Performance Anxiety and Stage Fright for Students in Music and Dance**
- **Children of Alcoholics**
Focus on identifying and understand the problems of growing up in an addicted family.
- **Bereavement Counselling**
An informal drop-in peer support group.
- **Academic Performance Enhancement through Self-Hypnosis**
- **University Skills**

STARTING IN JANUARY!!

Enrollment limited...Register Now!!

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