

# Counselling and Development Centre

*Are you aware that there is a special counselling service available to you at York at no extra charge?*

**Included are:**

## **PERSONAL COUNSELLING**

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

All conversations confidential

No appointment needed

Hours: 9:00 am to 5:00 pm Monday to Friday

## **GROUPS AND WORKSHOPS**

Themes include assertiveness training, stress management, effective communications skills, motivation, avoiding procrastination, relaxation, weight management, performance anxiety

## **LEARNING SKILLS**

Workshops, discussions and individual consultation on reading, listening, notetaking, managing time, preparing for exams and essay writing

## **SELF-CHANGE & MANAGEMENT**

26 The Self-Change & Management Programme (SCAMP) provides a structured format to enable you to use your time more effectively.

THE SELF-HELP RESOURCE CENTRE is available in room 145 to provide information and assistance on a wide variety of issues, including: Learning Skills, Personal/Social Concerns, Women's Issues, Alcohol & Drugs

## **UNIVERSITY SKILLS SERIES**

Four weekly workshops, repeated periodically during the school year: effective reading; stress management; time management; and preparing for exams.

## **LEARNING SKILLS PROGRAMME**

Workshops, discussions, and individual consultation on reading, notetaking, managing time, preparing for exams, and essay writing.

## **COMMUNITY MENTAL HEALTH CONSULTATION**

With individuals and groups on issues pertaining to the psychological well-being of our university community.

## **LEARNING DISABILITIES PROGRAMME**

Services include diagnostic assessment, personal counselling, academic counselling, life skills counselling, peer support, and advocacy with respect to evaluation and alternative means of testing.

*Feel free to come in and share your concerns with us.  
Perhaps we can help.*

**Counselling and Development Centre**  
145 Behavioural Sciences Building  
736-5297 (ext. 55297)