
Counselling & Development Centre

GROUPS AND WORKSHOPS

Winter 1987

Starting this week:

RELAXATION TRAINING CLASSES

Learn to recognize your individual responses to stress and how to relax.

- FRIDAYS, 12 noon to 1 p.m. for four sessions, starting January 16.

Starting soon:

PERSONAL GROWTH GROUP

Explore personal problems and opportunities in a small-group setting.

- TUESDAYS, 2 to 4 p.m. for eight sessions, starting January 27.

ASSERTIVENESS TRAINING GROUP

Learn to assert yourself appropriately in a variety of situations.

- WEDNESDAYS, 12 noon to 2 p.m. for four sessions, starting January 28.

Enrollment for these groups is limited, so register NOW.

You can also register for the following sessions, which start in February and March:

- EFFECTIVE COMMUNICATION—starting February 10 (4 sessions)
- SEXUALITY IN THE 1980'S: WHAT ARE THE BOUNDARIES?—February 16
- RELAXATION TRAINING CLASSES—starting again February 20 and March 27
(4 sessions each series)
- SLEEP DISORDERS—starting February 27
- OVERCOMING SHYNESS
- STRESS MANAGEMENT FOR STUDENTS
- UNIVERSITY SKILLS SERIES
- WEIGHT CONTROL GROUP

CDC

145 Behavioural Sciences Building

736-5297

Counselling

Education

Research

Clinical Training
