
Counselling & Development Centre

NEW SELF-HELP CENTRE

Books and Pamphlets

Audio and Videotape Cassettes

- WEIGHT CONTROL
- ASSERTIVENESS TRAINING
- TIME MANAGEMENT
- HOW TO STUDY EFFECTIVELY
- HOW TO WRITE EXAMS
- RELAXATION TECHNIQUES
- HOW TO OVERCOME SHYNESS
- NUTRITION and FITNESS
- ALCOHOL and DRUG MANAGEMENT

and much more on how to

HELP YOURSELF!

Come in and browse in the Self-Help Lounge
Monday to Friday
9:00 a.m. to 5:00 p.m.

CDC

145 Behavioural Sciences Building
736-5297

Counselling

Education

Research

Clinical Training
