

Counselling and Development Centre

GROUPS AND WORKSHOPS

STARTING SOON:

- Alcohol, Stress and Academic Performance
- Assertiveness Training
- Avoiding Procrastination
- Effective Communication Skills
- Positive Stress Management
- Relaxation Training Groups
- Self-Hypnosis Training
- Shyness Group
- University Skills Series
- Women Returning to School
- Learning Disabilities Programme Groups

Enrollment is limited, so **JOIN NOW!**

**For more information,
come to our reception area or call us.**

CDC

**145 Behavioural Sciences Building
736-5297**

Counselling

Education

Research

Clinical Training