

# COUNSELLING & DEVELOPMENT CENTRE

**KEEP YOUR COOL!**  
Learn how to defuse your anger  
and develop your patience

Come to a workshop about

## ANGER

Topics include:

- Getting along with others
- Relationships
- High density living

**MONDAYS**  
from 10:30 to 12:00 noon  
starting March 11

To enroll, call Peter Waxer at  
667-3297

**FEELING OVERWHELMED?**  
Anxious?  
Having frequent headaches?  
Difficulty in sleeping?

Come to a workshop about

## STRESS

Topics include:

- Signs and symptoms of stress
- Appropriate management strategies
- Personal support systems

**THURSDAYS**  
from 1:00 to 2:00 p.m.  
starting March 7

To enroll, call Dennis Belicki at  
667-2305

LEARN THE SKILL  
of  
**DEEP  
RELAXATION**

Discover how to channel  
your energy more effectively

**5 noon-hour relaxation sessions  
for students  
(Learn relaxation and  
concentration skills for exams)**

- **TUESDAYS** at 12 Noon  
starting March 5

**5 noon-hour relaxation sessions  
for staff**

- **THURSDAYS** at 12 Noon  
starting March 7

You may sign up at the first meeting in  
room 108 Behavioural Sciences Building  
Wear comfortable clothes

## MENTAL HEALTH SERIES

March 8 Dr. Cy Marks  
"Hypnosis: Myth or  
Miracle?"

March 15 Dr. Neil Agnew  
"Habits: How to Make  
and Break Them"

March 22 Dr. Harold Minden  
"Physical Affection and  
Mental Health: Two  
Hugs for Survival"

March 29 Dr. Joe Levy  
"Exam Fever: How to  
Get Your Head in  
Gear"

**FRIDAYS**  
from 12 Noon to 1:00 p.m.  
in room 115 Behavioural Sciences Building

Coffee available