

Counselling and Development Centre

# GROUPS and WORKSHOPS

Fall 1991

## STRATEGIES TO IMPROVE SOCIAL AND PERSONAL RELATIONSHIPS

- Personal Enrichment
- Relationships
- "How to make friends"

## ACADEMIC ENHANCEMENT Through Self-Hypnosis

- Reduce tension & anxiety
- Improve motivation, memory,
- concentration, self-confidence

## A TOTAL PROGRAMME FOR WEIGHT MANAGEMENT

For those who need to lose 15 pounds or more

## PUBLIC SPEAKING

Learn how to organize and present your thoughts and material in large and small groups.

## EXAMINE AND IMPROVE YOUR SELF-ESTEEM & SELF-CONFIDENCE

Important Ingredients to

- Academic Success
- Social Success
- Career Success

## STRESS MANAGEMENT FOR STUDENTS

Feeling Stressed?...Exam Anxiety?...  
Family Problems?...Work Overload?...

This group will focus on the following questions:

- What are your stresses?
- What is the nature of your stress?
- What are the effects of stress?
- What are the effective coping strategies?

## RELAXATION Training

Learn specific techniques including deep breathing, muscle relaxation, and imagery.

## Avoiding PROCRASTINATION

Understand why you procrastinate; learn how to change your behaviour.  
Now is the time to make a fresh start.

## SELF-CHANGE and MANAGEMENT Programme (SCAMP)

Choose the behaviour(s) you want to increase or decrease.  
Study more, get in shape, beat deadlines...

## Adult Children of Alcoholics

Focus on identifying and understanding the problems of growing up in an addicted family.

Enrolment is limited...Register now.

# CDC

145 Behavioural Sciences Building  
736-5297

Counselling

Education

Research

Clinical Training