

Problems? Here's help:

by
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Get ready! Get set! Go!

No, this isn't a race. This may just be the most important treasure hunt of all your university days. And the treasure can be as big or small as you like. As they say, "Take what you need, and leave the rest."

I could draw you a map, but that would spoil the fun. Instead, I'll give you directions. So listen carefully.

Let's start at the SUB. Now, down the hill, do you see the little building with a clock on top? Great! Forward march, and off you go, past the clock, and straight on down between all the men's residences. Then a left turn at McConnell Hall. (By the way, that's where you eat if you live on campus).

Okay, so you've turned left. Follow the sidewalk a wee bit until across the street to the right you see the Alumni Memorial Building.

Next clue: Go inside and down the stairs. Take two lefts, and proceed through the door at the end of the hall. (If you took two rights, it would be a short cut to the gym.)

At this point, present the attached coupon for a free cup of coffee, and make yourself at home. You've been successful. You have found the Counselling Centre.

So why have I brought you here? Because, if you are anything like me, right about now you are very confused and probably even a little intimidated. And you may be far, far from home for the very first time. Lonely? Homesick? Worried about those courses?



Counselling Services can help.

They can help with a lot of other things too, like depression, alcohol and drug abuse, eating disorders, sweetheart troubles, and sexuality. They are willing to listen to tales of abuse, rape, incest, anything at all. All you have to do is make an appointment. Just give them a call at 453-4820 from 8:30 a.m. to noon, or from 1:15 - 5:00 p.m.

Now shh! I'm going to tell you a secret: Even when the Counselling Centre is closed, you can reach these wonderful people. For after hour emergencies, get in touch with them through Security at 453-4830.

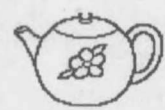
But that's not all you'll find at the Counselling Centre. Don't wait until a month before graduation to plan for the future. Right now, at the beginning of the term, is a fantastic time for a session with the career counsellor, or a browse through the Career Library. These days, university is far too expensive to spend a year or two making up your mind about what you want to do. So there are files here on just about any career you can think of, and scads of university calendars.

Now a little advice from an experienced person - me. I used to think it was a terrible thing even to have a problem, let alone tell

someone about it. I thought no one ever had problems like mine, and so there was little choice but to handle it all on my own. If I had known what a treasure the Counselling Centre is, I might not be back here now, starting all over again, at the ripe old age of thirty-one.

So take my advice. Even if you don't have a problem, stop in for your free coffee, relax in the lounge, and say hello.

(P.S. If by some chance you lose the coupon, just tell them Alice sent you, and the coffee's yours.)



COUPON



One **FREE** Coffee

(redeemable at the Counselling Centre
Alumni Memorial Building)

The Brunswickan

Canada's oldest official student publication

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It takes a lot of work and dedication to get a newspaper to the stands every Friday, every bit of help we get is important. If you're interested in getting involved in any aspect of publishing a paper, from newswriting to photography, why not talk to us? You'll be glad you did! The experience you gain in Student Journalism may be valuable to you later, not to mention all the great times and good friends you could make (...and not even considering the wild parties you could go to).

What can you do at The Bruns?

Writing (from news to poetry)	Typesetting (for bucks!)
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Drawing and Cartooning	Ad sales
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THE BRUNSWICKAN

RM. 35 in the SUB

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OUR DOOR IS ALWAYS OPEN

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