

# ANNOUNCING

UNIVERSITY COUNSELING CENTER  
SPRING QUARTER 1987 GROUPS/WORKSHOPS  
McKee Hall #213 Phone: 351-2496

ADULT CHILDREN OF ALCOHOLICS is a therapy group offered by the Counseling Center this Spring. Therapists are Mollie Painton and Thomas Burtard. Meeting time will be arranged. The group will be closed April 6. Please contact Carole.

BODY IMAGE AND EATING BEHAVIORS GROUP is for the person who experiences compulsive eating behaviors and/or binging episodes which are interrupted by fasting, purging or extensive dieting. Bulimic-type behavior often is related to a negative body image and feelings of low self-esteem. The group, facilitated by Dr. Joyce Washington, will meet on Wednesdays beginning April 15. Call for required screening interview.

GRIEF SUPPORT GROUP is designed to provide a safe, caring, and supportive environment for those experiencing the loss of a loved one or someone close. This may be a recent loss or one that occurred some time ago, but is still painful. Although we all experience death in different ways, having a place to share thoughts and feelings and the opportunity to explore new ways to live with our losses is important. Come receive support from people who may be experiencing the same things you are. Facilitators: Richard Munsch and Mollie Painton. Meeting time to be arranged.

LESBIAN SUPPORT GROUP will be offered with Marilee Smith as therapist. Individual pre-group sessions can be arranged. This group, limited to 12 members, will begin Monday, March 31, 7:30-9:00.

RELATIONSHIP GROUP will focus on helping to develop personally meaningful relationships as well as learning to deal constructively with conflicts and issues within current relationships. The group will be a supportive environment focusing on improving communication. The group, led by Bo Seeman and Julie Johnson, meets Thursdays 1:30-3:30 beginning April 9.

SELF-ESTEEM AND ASSERTIVENESS TRAINING. Explore how attitudes about ourselves are formed through personal, parental and societal values. Another focus of the group will be discriminating between assertive and non-assertive behavior. The group, facilitated by Deb Froeschle and Neyi Wachsmann, will meet Tuesdays, 1:00-2:30 starting April 7.

STRESS MANAGEMENT WORKSHOP consists of two-week "mini-workshops" designed to facilitate rapid integration of stress management skills. Meetings are twice a week for a total of four sessions. Workshops begin April 6 on Monday/Thursday, 12:15-1:15 or Tuesday/Friday, 12:15-1:15. Additional workshops can be arranged.

TEST ANXIETY PROGRAM. Sweaty palms, pounding heart, upset stomach, blocking/freezing up! If you experience these symptoms anytime, let us help you. Our program consists of five one-hour individual sessions. Four two-hour workshops will be offered the last two weeks of the quarter. Call for an appointment.

WEIGHT LOSS SUPPORT GROUP is for individuals who want to lose weight, but have traditionally had difficulty doing so. Changes in lifestyle will be stressed, including a strong emphasis on proper eating habits and sound exercise practices. Facilitators: Robert DeMoss and Lamar Trant. Begins Monday, April 6, 4:00-6:00.

WOMEN ABUSED GROUP is an on-going open support group for women who have experienced physical, sexual or emotional abuse. While having been abused will be an experience common to all members, the group will be open to discussion of other areas of concern to group members' psychological well-being. The group, facilitated by Marilee Smith, will be limited to 12 members. Individual pre-group sessions can be arranged. First session is Monday, March 31, 4:30-7:00.

FREE AND CONFIDENTIAL SERVICE  
OPEN TO ALL UNC STUDENTS

SPRING QUARTER 1987  
CALL TODAY FOR AN APPOINTMENT