

RG 9-56

ANNOUNCING

UNIVERSITY COUNSELING CENTER
WINTER QUARTER GROUPS AND WORKSHOPS
McKee Hall 213 Phone: 351-2496

ASSERTIVE BEHAVIOR TRAINING focuses on discriminating between assertive, non-assertive, and aggressive behavior by means of discussion, participation and practice of assertive responses. The group, co-facilitated by Vickie Fodah and Jill Mullen, will consist of eight 1-1/2 hour sessions beginning Monday, January 12, 3:30-5:00.

AWARENESS AND SELF ESTEEM WORKSHOP. Do you like yourself? Explore personal/parental/societal values and how they influence your feelings about yourself. Co-leaders are Jill Mullen and Carol Hunter. Group begins January 21, 3:00-4:30. (Wednesday)

BODY IMAGE AND EATING BEHAVIORS GROUP is for the person who experiences compulsive eating behaviors and/or bingeing 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, co-facilitated by Dr. Joyce Washington and Sandra Varley, will meet on Wednesdays beginning January 14. Call for required screening interview.

LESBIAN SUPPORT GROUP will be offered beginning Monday, January 5, 7:30-9:00. Co-leaders are Maggie Morris and Marilee Smith. New members need to contact either Maggie or Marilee for an interview prior to the first group meeting. This group is limited to 12 members.

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 January 15.

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 January 12 on Monday/Thursday, 11:00-12:00 or Tuesday/Friday 12:00-1:00. 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 1-hour individual sessions. Four 2-hour workshops will be offered the last two weeks of the quarter. Call for appt.

WOMEN ABUSED GROUP is an ongoing 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. Group facilitators are Maggie Morris and Marilee Smith. The group meets Mondays 5:30-7:00 beginning January 5 and is limited to 12 members. Individual pre-group sessions can be arranged.

WOMEN IN TRANSITION SUPPORT GROUP discusses and deals with issues common to women making changes in their personal lives. Group meets Monday 3:30-4:30 beginning January 12. Co-leaders are Carol Hunter and Mollie Painton.

FREE AND CONFIDENTIAL SERVICE
OPEN TO ALL UNC STUDENTS

WINTER QUARTER 1987
CALL TODAY FOR AN APPOINTMENT