

# ANNOUNCING

COUNSELING CENTER GROUPS AND WORKSHOPS  
McKEE HALL 213  
PHONE: 351-2496

EATING DISORDERS THERAPY GROUP FOR BULIMIA AND ANOREXIA: Do you go on FASTS, BINGES, GORGING AND PURGING EPISODES? DOES BODY IMAGE RULE YOUR EATING HABITS AND ACTIVITIES? THIS GROUP IS FOR PERSONS WHO WANT TO EXPLORE THEIR PRESENT EATING BEHAVIOR AND CREATE HEALTHIER BEHAVIORS FOR THEMSELVES. CALL DR. JOYCE WASHINGTON, GROUP LEADER, FOR A SCREENING INTERVIEW. GROUP MEETS WEDNESDAYS, 3:30-5:00 BEGINNING JANUARY 29. THIS IS AN ON-GOING OPEN GROUP.

GAY MEN AND LESBIAN SUPPORT GROUP WILL BE OFFERED BEGINNING THE THIRD WEEK OF WINTER QUARTER. THE WOMEN'S GROUP, LED BY MAGGIE MORRIS, WILL MEET MONDAYS AT 2:00-3:30 STARTING JANUARY 27. THE MEN'S GROUP, LED BY PAT HENSY, WILL MEET TUESDAYS, 3:00-4:30 STARTING JANUARY 28. THIS IS AN OPEN, ON-GOING GROUP.

THERAPY GROUP IS AN OPEN ON-GOING GROUP FOR PERSONS WHOSE PROBLEMS AND CONCERNS HAVE PERSONAL AND INTERPERSONAL FOCUS, SUCH AS FAMILY CONFLICTS, DIFFICULTIES IN FORMING OR MAINTAINING RELATIONSHIPS, LACK OF SELF-ESTEEM, DIFFICULTY IN EXPRESSING ANGER OR FEELING ANXIOUS, PHYSICAL OR HEALTH PROBLEMS, OR ANY OTHER CONCERN OF A PSYCHOLOGICAL NATURE. CO-LEADERS ARE RICK LEIDAL AND MARILEE SMITH. THE GROUP WILL MEET ON MONDAYS 3:30-5:00, STARTING JANUARY 27.

WOMEN'S ABUSED GROUP IS AN ON-GOING OPEN GROUP FOR WOMEN WHO HAVE EXPERIENCED INCEST, BATTERING, SEXUAL ASSAULT, CHILD ABUSE, OR ANY OTHER PHYSICAL, SEXUAL OR EMOTIONAL ABUSE. IT WILL PROVIDE AN OPPORTUNITY TO SHARE AND EXPLORE FEELINGS IN A SAFE, SUPPORTIVE ENVIRONMENT. WHILE HAVING BEEN ABUSED WILL BE AN EXPERIENCE COMMON TO ALL MEMBERS, THE GROUP WILL BE OPEN TO DISCUSSION OF OTHER AREAS OF CONCERN IMPORTANT TO GROUP MEMBER'S PSYCHOLOGICAL WELL-BEING. INDIVIDUAL MEETINGS WITH THE GROUP FACILITATORS, MAGGIE MORRIS AND MARILEE SMITH, CAN BE ARRANGED PRIOR TO THE GROUP, WHICH IS LIMITED TO 12-15 MEMBERS. THE GROUP WILL MEET WEDNESDAYS 3:30-5:00.

ASSERTIVE TRAINING WORKSHOP WILL FOCUS ON DISCRIMINATING BETWEEN ASSERTIVE, NONASSERTIVE AND AGGRESSIVE BEHAVIOR. GROUP DISCUSSION AND PARTICIPATION WILL INCLUDE IDENTIFYING A BELIEF SYSTEM HAVING A HIGH REGARD FOR YOUR PERSONAL RIGHTS AND THE RIGHTS OF OTHERS. PRACTICE OF ASSERTIVE RESPONSES IN SCHOOL, SOCIAL AND WORK SETTINGS WILL BE OFFERED BY GROUP CO-LEADERS NORMA KNUTSON AND CLAUDIA MEYER. THE GROUP WILL BEGIN JANUARY 23 FROM 3:30-5:30, AND IS OPEN AND ON-GOING.

RELATIONSHIP WORKSHOP: WE ARE OFFERING A GROUP THAT CAN HELP YOU DEVELOP AND UNDERSTAND YOUR UNIQUE STYLE IN PERSONAL RELATIONSHIPS. THE GROUP WILL FOCUS UPON YOUR SPECIFIC NEEDS AS WELL AS COMMUNICATION SKILLS AND RESOLVING CONFLICTS IN RELATIONSHIPS. THIS WILL BE AN OPPORTUNITY TO EXPLORE THE ARTS OF EXPRESSING FEELINGS, LEARNING TO LOVE, AND UNDERSTANDING YOUR STYLES OF RELATING. OPEN TO COUPLES AND INDIVIDUALS. CO-LEADERS ARE BO SEEMAN AND MARY HARTNETT. THIS ON-GOING GROUP WILL START JANUARY 22 ON WEDNESDAYS 1:30-3:30.

WOMEN IN TRANSITION PRESENTS SHORT TERM GROUP EXPERIENCES FOR NON-TRADITIONAL WOMEN STUDENTS. IT WILL MEET FRIDAYS AT 12:00 -- THE EXACT DATES WILL BE ANNOUNCED LATER. CO-LEADERS FOR THIS GROUP ARE MAGGIE MORRIS AND MARY HARTNETT.

OPEN TO ALL UNC STUDENTS



CALL TODAY FOR AN APPOINTMENT

UNIVERSITY OF NORTHERN COLORADO

GREELEY, COLORADO 80639

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