


Personal Counselling Services (PCS)
Workshops & Groups

OCTOBER 2017 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindful Ways to Manage Emotions 2:30 – 4:00 N110 Bennett Centre	3	4	5 Managing Anxiety 10:30 – 12:00 N110 Bennett Centre	6
9 	10	11	12 Procrastination/Motivation 1:00 – 2:30 N110 Bennett Centre	13
16	17	18 Procrastination/Motivation 3:30 – 5:00 203 Bethune College	19	20
23	24 Managing Anxiety 2:30 – 4:00 N110 Bennett Centre	25	26 	27
30	31 Challenging Negative Thinking to Improve Mood 4:00 – 5:30 214 Calumet College			

WORKSHOP DESCRIPTIONS ON BACK



To learn more about Personal Counselling Services and future workshops visit
pcs.info.yorku.ca

Personal Counselling Services (PCS)

Workshop & Group Descriptions

Ask your workshop leader about signing up for our **Personal Development Certificate**. You can earn your certificate by attending 5 of our workshops!

October Workshops

Coping & Resilience Workshop Series

This is a 3-part workshop series. Each workshop will focus on a different topic/skill. Interested in taking part? **No need to register** ahead, just come to the workshop (you do not have to take all the workshops in the series to attend).

Part I. Challenging Negative Thinking to Improve Mood

Negative thoughts can have a powerful effect on how you feel and what you do. In this workshop, we will focus on ways you can recognize and change negative thinking to improve your emotional well-being.

Part II. Building Resilience

Maintaining a healthy, well-balanced lifestyle while coping with the demands of university study might seem impossible at times. In this workshop you will learn about balanced living and develop strategies to cope with challenges that may be routine or unexpected. (Note: will run in November).

Part III. Mindful Ways to Manage Emotions

Learn how to become aware of your emotions and manage them using mindfulness.

Managing Anxiety Workshop

Do you often feel anxious or unable to manage your feelings of worry? In this workshop, you will be given the opportunity to learn various techniques that will help you to better manage feelings of anxiety. The goal is to help you develop ways of thinking differently in order to reduce stress, anxiety & fears.

Procrastination/Motivation Workshop

Having trouble staying motivated? Do you delay starting deadlines? Feel like there's never enough time in your day? This workshop will help you to identify why you procrastinate and provide you with strategies to help overcome procrastination and low motivation.

LGBTQ Support Group

Our Support Group is confidential and facilitated by Personal Counsellors and Peers who identify within the LGBTQ+ community.

Registration is not required – Just Drop In!

Questions? Contact TBLGAY at tblgay@yorku.ca or PCS at slope@yorku.ca

Coming next month....

Managing Shyness and Social Anxiety Workshop Series

This is a 4-part workshop series. Each session will build on the previous week's discussion and focus on a different topic/skill. We recommend that students interested in taking part in this series attend all sessions. Interested in taking part? **No need to register** ahead, just come to the workshop (you do not have to take all the workshops in the series to attend).

Part I. What is shyness/social anxiety? In this session, you will be given the opportunity to evaluate your difficulties & identify personal goals.

Part II. You will explore the relationship between thoughts, feelings, and behaviours and how these impact your feelings of shyness and social anxiety.

Part III. You will explore your thoughts and practice relaxation training to help you manage your feelings of shyness and social anxiety.

Part IV. In this final session, you will learn to better cope with life problems and improve your social skills.

Also more dates with these workshops:

- Procrastination/Motivation Workshop
- Managing Anxiety Workshop
- Coping & Resilience Workshop Series
- Surviving a Break-Up Workshop

Registration is not required for any of the workshops we offer.

Just come to the specified room for the workshop on the date listed.