
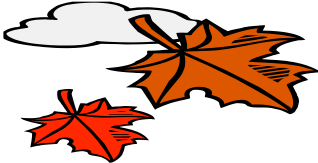


Personal Counselling Services (PCS)
Workshops & Groups

SEPTEMBER 2017 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Labour Day	5	6	7 Classes Start 	8
11	12	13	14	15
18 Challenging Negative Thinking to Improve Mood 2:30 – 4:00, N110 Bennett Centre	19	20 	21	22
25 Building Resilience 2:30 – 4:00 N110 Bennett Centre	26	27	28	29

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!

September Workshop

Coping & Resilience Workshop Series

This is a 3-part workshop series. Each workshop will focus on a different topic/skill. This series is starting in September and continuing into October. Interested in taking part?

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.

Part III. Mindful Ways to Manage Emotions

Learn how to become aware of your emotions and manage them using mindfulness. *(Note: This workshop will occur in October)*

Coming Next Month...

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. *This workshop will be offered on various dates in October and November.*

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. *This workshop will be offered on various dates in October and November.*

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 spope@yorku.ca

Registration is not required for any of the workshops we offer.
Just come to the specified room for the workshop on the date listed.

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