

Student Counselling & Development  
Workshops & Groups

FEBRUARY 2018 CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Stress Management Workshop, 1:00 – 2:30</b> <b>N110 Bennett Centre</b>	<b>2</b> <b>LGBTQ+ Support Group</b> <b>10:00 – 11:30</b> <b>N110 Bennett Centre</b>  <b>Managing Shyness &amp; Anxiety in Social Situations</b> <b>#3 2:30 – 4:00</b> <b>N110 Bennett Centre</b>
<b>5</b>	<b>6</b>	<b>7</b> <b>Surviving a Breakup</b> <b>3:00 – 4:30</b> <b>N110 Bennett Centre</b>	<b>8</b>	<b>9</b> <b>Managing Shyness &amp; Anxiety in Social Situations</b> <b>#4 2:30 – 4:00</b> <b>N110 Bennett Centre</b>
<b>12</b>	<b>13</b>	<b>14</b> <b>Procrastination/Motivation</b> <b>3:30 – 5:00</b> <b>203 Bethune College</b>	<b>15</b>	<b>16</b> <b>LGBTQ+ Support Group</b> <b>10:00 – 11:30</b> <b>N110 Bennett Centre</b>
<b>19</b> <b>Reading Week</b>	<b>20</b> <b>Reading Week</b>	<b>21</b> <b>Reading Week</b>	<b>22</b> <b>Reading Week</b>	<b>23</b> <b>Reading Week</b>
<b>26</b> <b>Procrastination/Motivation</b> <b>2:30 – 4:00</b> <b>N204B Bennett Centre</b>	<b>27</b>	<b>28</b>		

WORKSHOP DESCRIPTIONS & REGISTRATION INFORMATION ON BACK



To learn more about Personal Counselling Services visit  
([counselling.students.yorku.ca](http://counselling.students.yorku.ca))

# Student Counselling & Development

## 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!

### Managing Anxiety Workshop (offered in March)

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.

### Test Anxiety Workshop (offered in March)

Do you often feel anxious or overwhelmed when you have to write a test or exam? Does your anxiety make it harder for you to focus when you're studying? This workshop will help you learn some helpful strategies to manage or reduce your test anxiety.

### 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 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.

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

### 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.

### Surviving a Break-Up Workshop

The ending of a romantic relationship can be painful and difficult. In this workshop we will look at strategies that can help you begin to heal, let go and move forward with your life.

### LGBTQ Support Group

(running bi-weekly Fridays at 10:00am)

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](mailto:tblgay@yorku.ca) or PCS at [spope@yorku.ca](mailto: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.**