

Student Counselling & Development
Workshops & Groups

MARCH 2018 CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 LGBTQ+ Support Group 10:00 – 11:30 N110 Bennett Centre
5	6 Struggling with Anger I 4:00 – 5:30 214 Calumet College	7 Cultivating Gratitude & Optimism 1:30 – 3:00 N110 Bennett Centre Managing Anxiety 3:30 – 5:00 203 Bethune College	8	9
12	13 Struggling with Anger II 4:00 – 5:30 214 Calumet College	14 Procrastination/Motivation 2:30 – 4:00 203 Bethune College	15	16 Test Anxiety 3:00 – 4:00 N110 Bennett Centre LGBTQ+ Support Group 10:00 – 11:30 N110 Bennett Centre
19	20 Procrastination/Motivation 4:30 – 6:00 N204B Bennett Centre Struggling with Anger III 4:00 – 5:30 214 Calumet College	21 Managing Anxiety 4:00 – 5:30 214 Calumet College	22	23
26	27 Struggling with Anger IV 4:00 – 5:30 214 Calumet College	28	29	30 Good Friday

WORKSHOP DESCRIPTIONS & REGISTRATION INFORMATION ON BACK



To learn more about Student Counselling Services visit
(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

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

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.

Cultivating Optimism and Gratitude

Do you feel like the more you search for happiness, the worse you feel? In a world that constantly brings negativity to the forefront of our awareness, it is up to each of us to find ways to achieve a better balance. We can do that using tools garnered from the field of positive psychology. Optimism and gratitude are quite misunderstood in today's world. Gratitude is much more than just saying thank you, and optimism is much more than just seeing the silver lining or the glass half full. In this workshop, you will learn ways to improve your resilience, using tools that already exist inside you.

Anger Management Series

Learn how to manage your emotions in anger provoking situations. Topics are interrelated, so feel free to take all four!

- i. Understanding Anger
- ii. Dealing with anger
- iii. Expressing anger
- iv. Letting go of anger

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

(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 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.