

Student Counselling & Development
Workshops & Groups

APRIL 2018 CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Stress Management 2:30 – 4:00 N110 Bennett Centre	5	6
9	10	11	12	13
16	17	18	19	20 
23	24	25	26 Stress Management 10:30 – 12:00 N110 Bennett Centre	27
30				

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!

April Workshops

Stress Management Workshop

In this workshop, you will be given the opportunity to learn various techniques that will help you to better manage stressful situations such as exams. You'll have the opportunity to try some of these techniques during the workshop. Interested in taking part?

Registration is not required for this 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.