

COLUMBIA SPECTATOR

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Columbia Daily Spectator, Volume CXV, Number 75, 6 February 1991 — Page 2 Advertisements Column 1 [ADVERTISEMENT]

Free to all Columbia University Students (including JTS, TC, UTS)
Sponsored by Columbia University Health Service—Mental Health and Health Education Divisions

1991

Student Life Workshops & Therapy Groups

Workshops (Issue Focused, Time-Limited)

Eating Concerns

A Group for Students Who Want to Change their Relationships with Food

Wednesdays 1:30–3 p.m. for six sessions
Feb 20, 27, Mar 6, 13, 27, Apr 3

Body Image

Learning to Live more Comfortably with the Body You Have

Mondays 1–2:30 p.m. for five sessions
Feb 25, Mar 4, 11, 25, Apr 1

**For information call 854-2878
Mental Health Division**

Stress Management

Self-Awareness with Relaxation and Coping Techniques

Thursdays 3–4:30 p.m. for four sessions
Feb 28, Mar 7, 14, 28

Work Block

Procrastination and Cramming on Papers, Studying, Exams, Dissertations

Wednesdays 3:15–4:45 p.m. for six sessions
Feb 20, 27, Mar 6, 13, 27, Apr 3

To Register call 854-2878
Mental Health Division

**International Conversations:
Problems and Pleasures of
Living Abroad**

Learn more about Life at Columbia:
Social Life, Academics, Health Care;
Make New Friends in an Informal Setting

Fridays 1–2:30 p.m.
Starting Feb 1

To Register call 854-3587
International Student Office

Therapy Groups (Opportunities to Explore Issues More Extensively)

HIV Positive

Information and Support Group for
People Who Are HIV Antibody Positive
or Have ARC or AIDS

For Information call
Laura Pinsky at 854-2878

Incest Survivors' Group

A Supportive Group for Women Who
Have Experienced Childhood Incest

Mondays 3–4:30 p.m. for ten sessions
To Begin in Early February

Psychotherapy Groups

Dealing with Impasses and Other
Problems in Relationships and/or
Academic Work

Mondays 1–2:30 p.m.

For Information call 854-2878
Mental Health Division

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