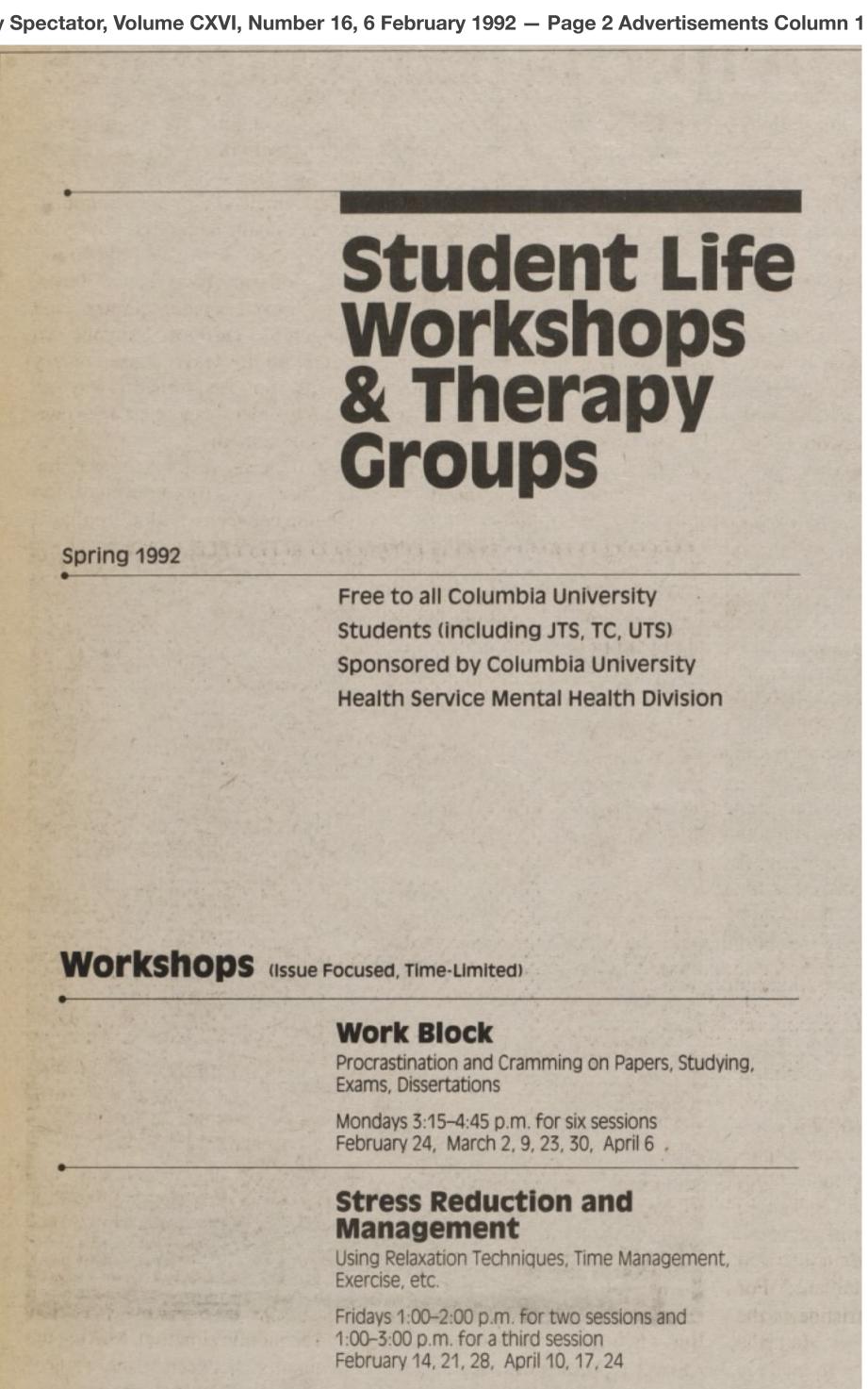
COLUMBIA SPECTATOR

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To register call 854-2878 Mental Health Division

Proposed Workshops (With sufficient student interest)

Managing Anxiety in Public Speaking

For Men Only: Dealing with Current Male Stereotypes

Sustaining a Relationship by Learning How to Fight

Disengaging Emotionally from a Toxic or Dysfunctional Family Life

To register call 854-2878 Mental Health Division

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 more information call Laura Pinsky at 854-2878

Incest Survivors' Group

A Supportive Group for Women Who Have Experienced Childhood Incest

Fridays 10:00–11:30 a.m. for ten sessions To begin in early February

Psychotherapy Groups

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

For more information call 854-2878 Mental Health Division

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