

# COLUMBIA SPECTATOR

ARCHIVE

Columbia Daily Spectator, Volume CXVII, Number 6, 26 January 1993 — Page 4 Advertisements Column 1 [ADVERTISEMENT]

Free to all Columbia  
University Students  
(including JTS, TC, UTS)  
Sponsored by the Counseling  
& Psychological Services  
and Healthwise of the  
University Health Service  
1993

## Student Life Workshops & Therapy Groups

### Workshops (Issue-Focused, Time-Limited)

**Asian-American Women's Issues**  
Focus on exploring Family, Relationships,  
Sexuality  
Mondays 5:30-7 pm for 8 Sessions  
Feb 8, 15, 22, Mar 1, 8, 22, 29, Apr 5

### Work Block

Procrastination and Cramming on Papers,  
Studying, Exams, Dissertations  
Thursdays 9:00-10:30 am for 6 Sessions  
Feb 25, Mar 4, 11, 25, Apr 1, 8

### To Register for Workshops Call 854-2468

**Making New Relationships  
with Family, Friends & Lovers**  
For UNDERGRADUATES only  
Tuesdays 3:15-4:45 pm for 7 Sessions  
Feb 23, Mar 2, 9, 23, 30, Apr 13, 20  
For information call 854-2468

### Bereavement Support

Coping with the Loss of a Loved One  
Wed 3-4:30 pm Ongoing  
Begins Feb 10  
For information call Rachel Aubrey (854-2878)  
or Scott Matheney (854-1512)

### Therapy Groups

(To Explore Issues more Extensively)

#### Eating Disorders

A group for students with Questions/Concerns  
about Eating, Weight & Food  
Fridays 12-1:30 pm for 10 Sessions



Feb 12, 19, 26, Mar 5, 12, 26 Apr 2, 9, 16, 23

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### **Survivors of Sexual Abuse**

A Supportive, Therapy Group for  
WOMEN Who have Experienced Abuse in  
Childhood or Adolescence

Thursdays 4:00-5:30 pm for 11 sessions

Feb 4, 11, 18, 25, Mar 4, 11, 25, Apr 1, 15, 22, 29

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### **Psychotherapy Group**

Dealing with Impasses in Relationships  
and/or Academic Work

Mondays 1:00-2:30 pm **ONGOING**

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**For information re Therapy Groups call 854-2468**

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### **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

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### **Healthwise Groups**

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**Women Affected by Someone's Alcohol or  
Drug Use**

For information call Lauren Tucker (854-4173)

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### **Students in Recovery**

...Now that you're back in school, a campus  
support group could help

For information call Dick Jazwinski (854-2183)

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**Strict Confidentiality Maintained At All Times**

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