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
**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

**Psychotherapy Group**
Dealing with Impasses in Relationships and/or Academic Work
Mondays 1:00-2:30 pm ONGOING

For information re Therapy Groups call 854-2468

**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

**Healthwise Groups**

**Women Affected by Someone's Alcohol or Drug Use**
For information call Lauren Tucker (854-4173)

**Students in Recovery**
...Now that you're back in school, a campus support group could help
For information call Dick Jazwinski (854-2183)

Strict Confidentiality Maintained At All Times