



The Camosun College Counselling Department Presents:

Life Happens...

Life happens to all of us in uniquely different ways. Life brings us opportunities, adventures, challenges and disappointments. Depending upon what we have learned and experienced, we each handle life's journey differently. This group is about gaining insight into our life journey, discovering what we want in life, how to get there and how to manage the challenges along the way.

We'll be discussing things like:

- ✚ How we are "shaped" but not confined by our past experiences
- ✚ How to shift from a problem-oriented to a positive, productive focus
- ✚ How to learn from and manage our thoughts and emotions
- ✚ How to create positive emotions & lifestyle change

Who can benefit from this group?

Any student who is curious about gaining insight and/or making changes in the way they learn & grow from life's challenges. It will be particularly useful for those familiar with depression or unhappiness who wish to explore how to improve the quality of their life.

6 Session Group
February 2 to March 15, 2012
(no meeting February 15)
Thursdays, 10:00 am - Noon



For more information, stop by the Lansdowne Counselling Department (Dawson 202) or call us at 250-370-3571 to sign up for a brief information interview. Contact balmer@camosun.bc.ca
Space limited to 10 students. A commitment to attend all 6 sessions is requested.