

# Art Therapy

*Wanting to do something fun, creative and at the same time discover more about yourself?*

*Come and attend an art therapy workshop. No artistic skill or prior experience is needed.*

**When: Every Tuesday**

**8:30-10:00**

**Where: SRC Board Room, Bantu Steven Biko Building (Union building), 1<sup>st</sup> floor**

For bookings or more information contact Delvene at the Counselling Centre: [d.gelderbloem@ru.ac.za](mailto:d.gelderbloem@ru.ac.za) or (046) 603 7070

# Foreign Students Support Group



A support group for foreign students who feel they need a place to talk, reflect and share experiences and difficulties.

Meetings: Tuesdays at 2 to 3 pm

First meeting: 15<sup>th</sup> February 2011

For more information please contact:

The Counselling Centre

Tel.: 046 603 7070

Email: [counsellingcentre@ru.ac.za](mailto:counsellingcentre@ru.ac.za)

# HEALTHY EATING GROUP THERAPY

- ✓ **RU** struggling with your eating habits????
- ✓ **RU** feeling like food has become an issue????
- ✓ **RU** eager to learn more about how to go about incorporating a healthy diet into your lifestyle



**Join us at the Counselling Centre every Wednesday afternoon from 3-4pm for friendly support and enlightening information on nutrition.**

**First session: Wednesday, 16<sup>th</sup> of Feb, 3-4pm**

For bookings or more information, contact Delvene at the Counselling Centre:  
[d.gelderbloem@ru.ac.za](mailto:d.gelderbloem@ru.ac.za) or 046 603 7070

Misunderstandings... endless arguments, feeling stuck, angry, taken for granted, helpless and frustrated?

# HEALTHY RELATIONSHIPS

Would you like to improve the relationships in your life? This workshop explores relationship dynamics and how we interact with others.



## Topics Covered:

- The 5 languages of love
- The role of expectations
- How to be heard? Assertiveness training
- Conflict resolution. How can both parties win?
- What does a toxic relationship look like?

This is a 5 session group, places are limited.

Starting time: **Tuesday 15<sup>th</sup> February @ 12h00**

Contact Delvene at the Counselling Centre 046 603 7070 [D.Gelderbloem@ru.ac.za](mailto:D.Gelderbloem@ru.ac.za).

# Finding Meaning through Journaling Support Group

Find meaning and gain self-awareness through journaling exercises in a small group on Fridays at 2 to 3 pm.

First meeting – 18<sup>th</sup> February 2011

For more information please contact:

The Counselling Centre

Tel.: 046 603 7070

Email: [counsellingcentre@ru.ac.za](mailto:counsellingcentre@ru.ac.za)



# **STUDENT LIFE**

## **Expectations, Dreams, Hopes, Needs**

If being a student has its challenges at times or it's a bit more difficult than you expected to get used to life on campus, then join our small group who meet weekly on a Thursday afternoon at 3 - 4 pm for friendly support.

First meeting – 17<sup>th</sup> Feb 2011

For further information, please contact Delvene at the Counselling Centre – 046 603 7070 or e-mail counselling centre@ru.ac.za



# Study Skills Group

The Study Skills Group can help you fine-tune your listening skills, note-taking ability and academic reading.

You will also be taught the skills to create a study schedule *and* how to stick to it by using improved time management techniques.

The group will look at how you can enhance your concentration and memory ability.

And finally, exam writing skills and tips, as well as study hints will be discussed.

Join the Study Skills Group to become a more effective learner by enhancing your learning habits and developing new study techniques. Join us every Monday at 2pm or Friday at 1pm in the RA Room, Union Building, 1<sup>st</sup> Floor.

For bookings or more information, contact Delvene at the  
Counselling Centre: [d.gelderbloem@ru.ac.za](mailto:d.gelderbloem@ru.ac.za)  
or (046) 603-7070



# WELLNESS

**SOCIAL  
Wellness**

**SPIRITUAL  
Wellness**

**EMOTIONAL  
Wellness**

**PHYSICAL  
Wellness**

**FINANCIAL  
Wellness**

**ACADEMIC  
Wellness**



## **WANNA BE MORE WELL?**

**IF YOU WANT TO FIND OUT MORE ABOUT A  
WELLNESS LIFESTYLE, COME AND ATTEND A  
WELLNESS WORKSHOP**

**DATE: EVERY FRIDAY**

**TIME: 9H00**

**VENUE: COUNSELLING CENTRE;  
UNION BUILDING; 2<sup>ND</sup> FLOOR**

For more information please contact Delvene on (046) 603 7070 or e-mail  
d.gelderbloem@ru.ac.za