

Are You Feeling Down Blue or Anxious????

Come and learn skills to deal with these feelings.

A new 'Changeways' support group is starting at UNBC!!

"Changeways' Group is:

- A No Cost Support Group For Students
- Professionally Developed & Comprehensive
- Running October 17 to December 5, 2007
- Meets Wednesdays 3pm to 5pm for 8 weeks

A Pre-Registration Meeting is Required.

For More Info Contact:

**UNBC Wellness Centre/Counselling
Services**

Phone 250-960-6369

Library Building 5-196

Hours Monday –Friday, 9 to 4pm