

OU workshops aid working, living skills

"Stress Management" is the topic of an all-day workshop Friday, Nov. 7, in the University Presbyterian Church, Adams Road, Rochester, by the Oakland University Continuum Center. It runs from 9 a.m. to 4 p.m. Roberta Dalley of the Continuum Center staff will lead the program. "We're learning more and more new techniques for dealing successfully with stress and heading off its ill-effects," she said. "Some are as simple as getting more exercise. Other techniques involve relaxation training, attitudinal change and taking control of your own behavior."

Registration is \$50 and may be made by calling 370-3033. Master Card and Visa accepted. The Continuum Center is part of the School of Human and Educational Services of Oakland University.

A new three-session program titled "Personal Enrichment" will be offered 7:30-10:30 p.m. Mondays, Nov. 10, 17 and 24, at the Oakland Center, on the OU campus in Rochester.

Any of the three sessions may be taken at \$15 each, or participants may register for all three for \$40. Topics and dates are: Nov. 10, "Enriching Your Self-Esteem," Nov. 27, "Enriching Your Relationships With Others," and Nov. 24, "Enriching Your Future."

Betty White, a member of the Continuum Center adjunct staff, will lead the programs. Call the Continuum Center at 370-3033 to enroll.

AN ASSERTIVENESS Training program in three sessions will be presented on Wednesday evenings, beginning Nov. 12, in Church of Our Saviour, 6555 Middlebelt, just south of Maple, West Bloomfield. The program is sponsored by the OU Continuum Center and will be led by Kristi McKenzie, a Birmingham resident who is a part of the adjunct staff of the Continuum Center. "Assertiveness training comes in handy in everyday situations like dealing with repair and sales persons or with anyone who is an authority figure," she said.

Registration is \$65 and can be made by phone at 370-3033.

THE CONTINUUM Center presents "Gay Issues in Counseling," 7-10 p.m. Tuesday, Nov. 18, in the Holiday Inn of Southfield, Telegraph north of I-96.

The program is aimed at professional counselors, clergy and others who work with homosexual clients. The public may also attend.

Sarah Uile, former Continuum Center counselor, will address such issues as "coming out," gay youth's parents, friends or children who love someone gay and the counselor/felt match.

Registration is \$25. National certified counselors can receive three NCC credits by attending. Call the Continuum Center for details.

THE CONTINUUM Center of OU and the Birmingham Community House will offer a series of three

programs for singles beginning 7 p.m. Tuesday, Nov. 18. Dates and workshop titles are: Nov. 18, "Making It Alone;" Nov. 25, "Making Connections With People;" and Dec. 2, "Roles, Relationships

and Sexuality."

All three programs will be held in the Allen House, 556 W. Maple, Birmingham. Parking is available one block east at Maple and Chester. Barbara Halpern, communica-

tions specialist and a part of the adjunct staff of the Continuum Center, will lead the program. Registration is \$15 per session or all three for \$40. Call the Community House at 644-5632, to register.

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