OU workshops aid working, living skills

"Stress Management" Is the tople of an all-day Workshop Fidday, Nov., in the University Presbyterian church. Adoms Road, Rochester, by the Oakhad University Continuum center. It runs Irom 9 a.m. to 4 p.m. Roberta Dalley of the Continuum Center staff will lead the program. Were learning more and more new techniques for dealing successfully with stress and heading off its ill-effects," she said. "Some are as simple sgetting more exercise. Other techniques involve relaxation training, stitudinal 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 thuman and Educational Services of Gakhand University.

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A NEW three-session program ti-tled "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 Roches-

Marea

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- a child who nas conting.

Please pick up your phone now and dial the toll-free number below. Be a good neighbor by helping an innocent child.

American Heart Association

Any of the three sessions may be taken at \$15 each, or participants may register for all three for \$40.

Topies and dates are: Nov. 10,
"Eartiching Your Relationships with Others" and Nov. 24, "Eartiching 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, seplanting five. 22. in Church of Our Seplanting five. 22. in Church of Our Seplanting five. 23. in Church of Maple, West Bloomfald.

The program is sponsored by the OU Continuum Center and will be ted by Kristi McKennie, 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 1-898.

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

Sarah Uhle, former Gontinuum Center counselor, will address such in the counselors, will address such someone gay and the counselor/client match.

Registration is \$25. National certified counselors can receive three MCC 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



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and Sexuality."

All three programs will be held in
the Allen House, 556 W. Maple, Birmingham. Parking is available one
block cast 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- 125.



GIGANTIC WAREHOUSE SALE — 2 DAYS ONLY — SATURDAY 10 A.M.-6 P.M. SUNDAY 11 A.M.-6 P.M.

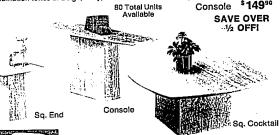
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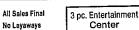
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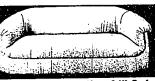
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