

A.J. Gervais
furs

'Personal Growth' starts Wednesday

Mrs. Jeff Dailey of Bloomfield Hills and Mrs. Jo Segal of West Bloomfield will coordinate a six-session program, "Personal Growth for Women," at the Oakland University Clubhouse Wednesday through Oct. 3. They will work in consultation with Dr. Sylvia Fink, assistant director of the Continuum Center for Adult Counseling and Leadership Training, which sponsors the program.

The program will be held from 11 a.m. to 2 p.m. Monday, Wednesday and Friday during the two-week period. The first session is a free orientation.

Mrs. Dailey and Mrs. Segal have received extensive training in personal growth leadership under a grant from the National Institute of Mental Health. Dr. Fink earned her PhD in psychology from Boston University.

"The center tries to help men and women to look at their goals and priorities, so that they can decide whether they are leading

the kind of lives they want," Dr. Fink said. "If not, we help them to make and implement decisions for change."

"We do this by presenting materials, in a large group, to improve communications within families, between friends, and in work situations. The materials provide opportunities for people to think about the interactions they have with those in their lives and the ways they might like these relationships to be."

"We then work within a small group, which gives the client an opportunity to personalize this material and to interact with five other people who are also examining their lives and careers."

Beginning Personal Growth for Women will also be offered in Troy Oct. 21 through Nov. 11. Beginning Personal Growth for Men and Women will be held Monday evenings Nov. 17 through Dec. 3 in West Bloomfield.

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