



SIGN UP FOR THERAPY CLASS

Topic areas to cover:

- Self awareness
- Stress management
- Depression/Suicidal ideation
- Anger management
- Self-esteem building
- Communication & Relationship
- Addiction

THE FIRST THERAPY CLASS COMMENCES ON:

Date: Monday 13th May 2024
Time: 3.30pm-5.30pm
venue: Room 303 (FASS Building)
Topic: Self awareness



Benefits of therapy session:

- Enhance your understanding on your own thoughts, feelings, values, beliefs and actions
- Develop healthy coping mechanisms
- Improve relationship and develop better conflict resolution skills
- Manage emotions in a healthy manner
- Develop good communication skills

REGISTRATION IS NOW OPEN!

- 10-15 participants
- Open to staff & students



To register, send us an email on:

Ms. Ruby Matane (Staff Counselor)

rmatane@dwu.ac.pg

Ms. Celestine Gaunala (Student Counselor)

cgaunala@dwu.ac.pg