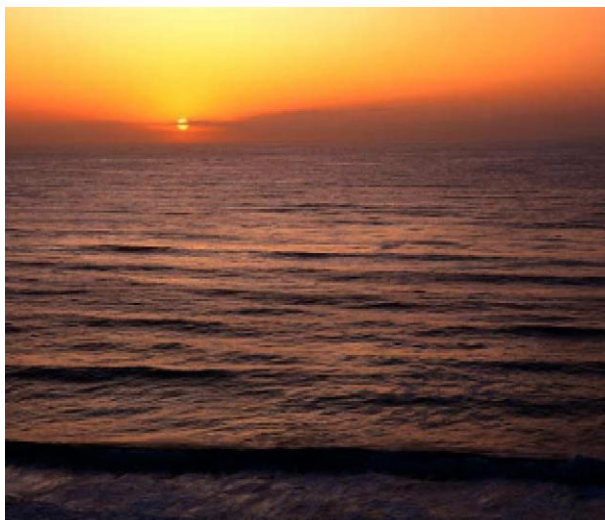


Calming Down: A Self Management Course For Adults and Teens



Register Now!

**Call (425) 564-2263 or
www.gotobcc.com/explore**

Class Information

Item # 8965
October 4, 11, 18, 25, 2011
4 Tuesdays
6:30 pm-9:30 pm
New North Campus, V1104,

Bellevue College
14673 NE 29th Place
Bellevue, WA 98007

Fee \$105

Creating a positive, rather than a negative life-attitude, can help people gain more personal effectiveness and self-esteem, that is often lost in life situations. In this “hands-on” course, participants will gain a better understanding of the causes or sources of rage, anger, or anxiety: and ways to “reframe” and develop a less reactive way of life. The course is designed for both young adults (15 +), and adults.

The instructor is an educator and therapist in private practice who assists teens and adults with anger and stress management. *The instructor is court-approved for anger-management and this course may satisfy some court orders.* The course is open to all individuals who want assistance with life issues: relationship building, anger and stress management, and better life management choices.

For more information contact the Instructor at (253) 941-2124 or email at robertamacdonald007@gmail.com



BC reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran. Please visit <http://www.bcc.ctc.edu/equal.asp>