

Calming Down: A Self Management Course For Adults and Teens



Register Now!
Call (425) 564-2263 or
www.gotobcc.com/explore

Class Information

Item # 8962 July 6, July 13, July 20, July 27 4 Tuesdays - 6:30-9:30 pm North Campus, TBA
--

10700 Northup Way, Bellevue, WA 98004
--

Fee \$99 + \$10 application fee

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 a 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 to understand anger more fully. Tuition includes a \$10.00 material fee.

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

Register on line through BCC link on www.robertamacdonald.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
--