

Highline College: Community Education

Calming Down
An Anger/Stress Management Course
for Adults and Teens

Instructor: Roberta Macdonald, MA, MH

New Expanded 8 hour Class January 23 8:30 to 4:30

In this “hands on” course, participants will gain a better understanding of the causes or sources of rage, anger or anxiety; and the ways to “reframe” and develop a less reactive way of life.

- This course is designed for both young adults (15 years old & up) and adults
- The Instructor is an educator and therapist in private practice who assists teens and adults with anger and stress management. She has taught this course for over 20 years. The Instructor is court-approved for anger management and this course may satisfy some court orders.
- This course is open to all individuals and couples who want to understand anger more fully.

Saturday, January 23, 8:30 am - 4:30 pm.

Main Campus Building 10, Room 102

Fee: \$89 Item 9711Q

Note: Bring food and beverage as there will be short ten minute breaks but no lunch break. There is a pop machine at the site.

To Register:

Contact the Community Education Center
206-870-3785 or visit Highline College website

<http://CommEd.highline.edu>

or register at www.robertamacdonald.com

Contact Instructor for additional information
253-941-2124 or email robertamacdonald1@msn.com