

Calm Under the Stress

This course is a guided group discussion on how to gain a better understanding of the causes of anger and how to develop a less reactive, stressful way of life.

Learn how to:

- Develop a positive outlook on life
- Channel stress, anger & anxiety for Good
- Resolve conflicts & improve relationships
 - Visualize & achieve your goals

Returning students are welcome to register for gaining further knowledge, insight, and practice.

Thursdays - Feb 4, through March 25, 2021

12:00-1:30 pm 8 Weekly Sessions

Online - You will need internet access.

Zoom access upon registration

Bellevue College North Campus

Item #W8011 \$85

Register: Call 425-564-2263 or online here

<https://www.campusce.net/bc/course/course.aspx?C=15730>



Questions?

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