

Self Improvement

Assertiveness Training

(2 weeks)

Learn new ways to set limits with others and to ask for what you want without being obnoxious or selfish.

Instructor: Ernest Isaacs, MFT

4838.801 Jan. 4–Jan. 11

- ❖ Mon., 7:30–9 pm
- ❖ Fee: \$46 / Dist. Res. \$37
- ❖ Community Ctr.: Upper Club Rm.

Boundaries & Communication for Intimacy

(2 weeks)

Learn healthy boundaries through physical experience to permit intimacy to develop. Learn communication skills to dissolve conflicts, resolve issues, and develop openness safely. Experience how boundaries and communication can work together for healthy relationships.

Instructor: Gil Shepard, MFT

...Licensed for over 31 years; has a background in holistic healing and both Eastern and Western Spirituality.

4808.801 Mar. 2–Mar. 9

- ❖ Tue., 7–9 pm
- ❖ Fee: \$44 / Dist. Res. \$36
- ❖ Community Ctr.: Upper Club Rm.

Couples Communication

(1 workshop)

Enhance your relationship with your partner. Learn to improve your communication skills and practice more effective conflict resolution methods. FOR COUPLES ONLY.

Instructor: Ernest Isaacs, MFT

4837.801 Jan. 8

- ❖ Fri., 7:30–9:30 pm
- ❖ Fee: \$58 / Dist. Res. \$48 (per couple)
- ❖ Community Ctr.: Upper Club Rm.

Healthy Lifestyle Practices

(3 weeks)

Discover new ways to appreciate your health and your daily life. Reflect on the various factors that affect your health and well being, and learn ways to bring more vitality to your life. Areas of focus include: Time management, breathing, diet, exercise, pleasant activities, sleep, and more.

Instructor: Kelsy Wise (Krikava) M.A.

...Holistic Health Education

4846.801 Jan. 12–Jan. 26

- ❖ Tue., 7–8:30 pm
- ❖ Fee: \$68 / Dist. Res. \$58
- ❖ Community Ctr.: Upper Club Rm.

Keeping Weight-Loss Goals

(1 week)

What affect do those extra pounds have on you? How long has it been since you've looked and felt your best? Think about being who you really want to be! Learn to be kind and compassionate with yourself and celebrate your triumphs, while you successfully reach your goals.

Instructor: Deb Archibald, M.A.

...personal coach and health educator; helps her clients to achieve more joyous and fulfilling lives.

4828.801 Jan. 9

- ❖ Sat., 1–4 pm
- ❖ Fee: \$39 / Dist. Res. \$32
- ❖ Community Ctr.: Upper Club Rm.

Overcoming Depression

(1 workshop)

There are different types of depression and symptoms. Learn the variety of physical, psychological, and spiritual ways to help address the conditions. Class is both informational and experiential and will include helpful supplemental resources.

Instructor: Brooke Hall, MFT

...Licensed Marriage and Family Therapist with over 15 yrs experience in the field.

4896.801 Jan. 23

- ❖ Sat., 1:30–4:30 pm
- ❖ Fee: \$49 / Dist. Res. \$40
- ❖ Community Ctr.: Upper Club Rm.

Recovery from Loss & Grief

(1 workshop)

Here you will learn ways to accept losses of any kind: death of a loved one, suicide, divorce, loss of limbs or other disability, or emotional trauma. Learn how to overcome obstacles to healing from grief and ways to release grief-stress. Eastern and Western spiritual understandings included as well as specific practical activities.

Instructor: Gil Shepard, MFT

4857.801 Mar. 31

- ❖ Wed., 7–9 pm
- ❖ Fee: \$26 / Dist. Res. \$21
- ❖ Community Ctr.: McHale Rm.

Self-Acceptance Here & Now

(1 workshop)

Tired of the ceaseless struggle for self-improvement? Want to find ways to accept yourself here and now as you are? Here you will find ways to calm the inner critic, accept "what is", and be more forgiving of yourself and others.

Instructor: Brooke Hall, MFT

4897.801 Jan. 23

- ❖ Sat., 9:30 am–12:30 pm
- ❖ Fee: \$49 / Dist. Res. \$40
- ❖ Community Ctr.: Upper Club Rm.

Self-Soothing Techniques For Stress, Anxiety or Depression

(1 workshop)

These specific exercises will help you to relieve fear, anger, shaking, anxiety, and depression from whatever cause. Learn how to feel safe, how to overcome negative self-talk, and how to overcome the root causes of stress. These techniques help dramatically, often within minutes. Wear loose clothing, so that you can move freely.

Instructor: Gil Shepard, MFT

4855.801 Feb. 9

- ❖ Tue., 7–9 pm
- ❖ Fee: \$26 / Dist. Res. \$21
- ❖ Community Ctr.: Upper Club Rm.

Setting Goals You're Sure to Keep

(2 weeks)

Are you feeling stuck and wondering what to do next? Step out of your busy life and ask yourself "What do I care about most?" Learn to set goals you really care about; focus on what you want; and you'll successfully achieve your goals!

Instructor: Deb Archibald, M.A.

4832.801 Mar. 1–Mar. 8

- ❖ Mon., 7–9 pm
- ❖ Fee: \$39 / Dist. Res. \$32
- ❖ Community Ctr.: Upper Club Rm.

Stay Young Naturally

(2 weeks)

Tempted by Botox or a little surgical enhancement? You can look great, stay young, and feel fantastic from the inside out; no drugs, surgery or expensive cosmetics required! Discussion topics: how to defy aging by eating well; building exercise into life; boosting energy and beating fatigue; and recipes for organic wrinkle erasers.

Instructor: Kelsy Wise (Krikava), M.A.

4848.801 Mar. 2–Mar. 9

- ❖ Tue., 7–8:30 pm
- ❖ Fee: \$49 / Dist. Res. \$40
- ❖ Community Ctr.: McHale Rm.

Transform Your Shadow & Befriend Yourself in the Process

(1 workshop)

Learn about your shadow and how to go about integrating those aspects of yourself that you deny, reject, and resist. Caught in the blame game, your shadow can be projected and can create ongoing problems for you and others. Here you will find creative ways to heal the inner divisiveness and your own shadow.

Instructor: Brooke Hall, MFT

4898.801 Jan. 9

- ❖ Sat., 9:30 am–12:30 pm
- ❖ Fee: \$49 / Dist. Res. \$40
- ❖ Community Ctr.: Upper Club Rm.