

The Butte College Foster/Kinship Education Program
Presents Trainer: Russ Hansen, LMFT
Thursday Evening Workshops 6pm to 9pm
Location: 2491 Carmichael Dr. Suite 300 Chico, CA 95928

New Location Starting July 1, 2012:

**The Butte College Skyway Center
2480 Notre Dame Blvd. Chico, CA 95928**

***Making Life Better With Essential Communication and
Relationship Skills Including Anger Management Strategies***

Dates: June 14, 2012 to August 9, 2012

No Class June 7 & July 5 & August 2, 2012

Come join us for a fun filled educational training covering lessons that will help lead to success at home and in the workplace. Improved relationship and communication skills with children, and adults, including co-workers and family members, are practically guaranteed if you use what is learned in this training. The skills and principles in these presentations are on the cutting edge of teachings from the fields of parenting, psychology and business. Participants will become aware of the cross over between these disciplines early on, because let's face it's what works! Although the total course content is so extensive that it has to be spread over six weeks, (after all some of us try our whole lives to develop proficiency in these areas) each day can stand on it's own as an individual training, so participants need not commit to all training days. This training is highly recommended for couples (lets get on the same page, shall we), but once again it's not required, so don't shy away from coming alone since the things you'll learn could change your life.

Some Topics covered

- **Basic communication skills are not so basic, are they?**
- **You have what you practice.**
- **What is it we want in relationships anyway?**
- **Overview of what the experts say the principles of relationship building are.**
- **Common relationship dynamics**
- **Recognizing and transforming patterns**
- **Communicating with 'difficult' people**
- **Building trust with the wounded**
- **Getting what you "want"**
- **Using relationships as a vehicle for personal growth and fulfillment**
- **Handling Difficult emotions**
- **Anger management strategies**

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you. www.butte.edu/careerservices/fosterkinship/**
Or go to www.butte.edu/careerservices and click on Foster/Kinship Care Education Program

 *Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!* 