



## CLASS INFORMATION FOR MEN AND WOMEN

Men and women meet separately for 30 weeks. These classes are beneficial for anyone desiring to learn more about any of the following topics:

<i>Communications</i>	<i>Anger Management</i>	<i>Understanding Yourself/Partner</i>	<i>Life Communication</i>
<i>Stress Management</i>	<i>Father /Daughter</i>	<i>Mother/Son</i>	
<i>Feelings</i>	<i>Conflict Resolution</i>	<i>Male/Female Differences</i>	<i>Sexuality</i>
<i>Reactive Behaviors</i>	<i>Self-Esteem</i>	<i>Healthy Family</i>	<i>&amp; much more!</i>

The program is designed to build healthy relationships by bringing closure and healing to past events while teaching important life skills missed in childhood. You will also learn how to recognize where reactions come and how to deal with them.

The **LIFE SKILLS** program helps everyone enhance hi/her personal life and relationships. Although it does deal with domestic violence issues giving knowledge and support to both victims and perpetrators of abuse, it covers a wide variety of other topics. Anyone can benefit greatly from this program because students “learn to live and learn to love” for a lifetime. As a program and staff, our goal is to treat men and women with respect and dignity regardless of their life circumstances. We believe that hurting people hurt other people, and know that a better life is available to them.

**Intake** – Students need to complete an intake packet prior to attending the first class. Intakes are held at CCHR offices. The purpose for the Intake Session is to get acquainted, collect pertinent personal information, establish class fees, and to collect a one-time non-refundable materials fee of \$45 which includes the intake process and materials used in class.

**Class Fees** – Will be based on a sliding scale according to your income.

**Men and Women:** Call for a Personal Appointment

**Please Note:** Classes are limited in size.

## UPCOMING CLASSES FOR MEN AND WOMEN

**Men’s Classes:** Beginning date, Sunday, November, 15<sup>th</sup> @ 5PM