



3 Cousins: Anger, Stress, & Depression

A Class in Health & Wellness

Instructed by: Rick Pribbernow

Some of the most difficult emotions to deal with are the negative ones. In this class you will learn:

- Effective skills to help manage these common feelings
- How these 3 specific emotions develop and build off of each other
- When to reach out for help from a case worker, medical professional, or friend

Thursday January 23rd, 2020, 6:00-8:00pm



**Location: Ken Schilaty Learning Center
5908 Evergreen Way, Everett, WA 98203**

Complete and return the registration forms to collegeofhope@housinghope.org or register on Eventbrite by visiting our website www.collegeofhope.org

Register by Friday, January 10th, 2020