POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

PBS Campus Experience at the Charles B. Wang Center

on the campus of Stony Brook University

Spring 2018: Emotional Health & Wellness

Fridays, 9:30 a.m.— 11:00 a.m.

Semester runs January 22, 2018 — May 25, 2018 (16 Classes)

Positive Behavior Support Community Foundation inc.
Independence Without Isolation

Class size is limited to 15 students

REGISTER TODAY!

Tuition for the course is $350.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

See reverse side for course description.
Visit our website for schedule of classes and detailed registration instructions.

Registration: http://www.positivebehavior.org/adult-education.html
Questions: AdultEd@PositiveBehavior.org

Course Description:

This class will provide an overview of human emotions and the evolutionary value of emotional states. Students will learn how emotions are experienced both physically and mentally.

Topics will include:

- Emotions in everyday living
- Healthy expressions of emotion
- Biology of emotions
- Coping skills
- Problems that can arise when emotions are expressed in non-constructive ways

How can you manage stress in your life? Learn the basic principles of relaxation, meditation, and cognitive restructuring. Techniques will be demonstrated by *special guest practitioners* from the community and students will have the ability to engage in guided practice.

You won't want to miss this interactive and informative class!

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students inherently benefit from being engaged in an active college environment.

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Positive Behavior Support Community Foundation