



EMOTIONAL HEALTH & WELLNESS

A PBS Adult Continuing Education *In-Person Course*

Open to All Interested Students

No Prerequisite Courses Required - Appropriate for All Students

Dates & Times

Tuesdays from 11:30am-1pm

- October 5th, 12th, 19th, 26th, November 2nd, 9th, 16th, 30th, December 7th & 14th.

Course Information and Registration

- **In-person at The Charles B. Wang Center at Stony Brook University.**
- **Tuition \$375**
- **All students receive a Certificate of Completion**
- **Register with credit card online: <https://www.positivebehavior.org/adult-education.html>**

See Reverse Side For Full Course Description

Questions? AdultEd@positivebehavior.org



This class takes place at the prestigious Charles B. Wang Center at Stony Brook University. With state-of-the-art classrooms, students are engaged in not only the culture and experience of their course but the college campus experience.

Course Description - Emotional Health & Wellness

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 other mind-over-matter techniques. You won't want to miss this interactive and informative class!

Your Instructor: Gabrielle Sharp



Gabrielle Sharp has a Masters in Human Services Leadership, a BA in Psychology, and an Associates in Liberal Arts with a Minor in Creative Writing!

She has a diverse set of work and volunteer experiences and is excited to join the team of PBS ACE instructors. She is most currently working supporting families and individuals in accessing the supports necessary to be fully included in all aspects of community life and achieve their goals.

She looks forward to meeting her PBS ACE students and cannot wait to see what they can accomplish together!

COVID19 Clause:

PBS ACE classes follow COVID guidelines of host facilities. Under further notice, masks for all students and supports are required regardless of vaccination status as well as safe social distancing. If future guidance mandates, classes may move to a virtual platform.

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 benefit from being engaged with interesting material and collaborating with other students.