

# SELF-AWARENESS & RELATIONSHIPS

## **NEW** The Key to Success

The key to success lies within us. Learn about self-esteem and where it comes from. Explore ways to raise your self-esteem for a more successful, happier life.

2 Tues., Sept. 19 & 26, 7:00-9:30 pm,  
ADM-207, \$50. C Edwards. #WJ-D266

## Successfully Single Discussion Group

Connect with other singles for fun-filled evenings of lively discussion. Topics may include living successfully as a single and how to find what you're looking for.

4 Wed., Oct. 11-Nov. 1, 7:00-8:30 pm,  
AAB-512, \$50. M Pappas. #WJ-D350

## Art and Healing

Art is a powerful vehicle for physical, emotional, and spiritual renewal. Learn to access your inner wisdom and create artwork that infuses your life with new and vital energy.

1 Sat., Nov. 11, 10:00 am-3:00 pm, CLA-205,  
\$45 (+ \$15 materials fee, payable to  
instructor). S S Gibian. #WJ-D356

## Successfully Single: What to Do/Where to Go

Learn about local activities and groups and how to get the best out of single life.

1 Wed., Oct. 4, 7:00-8:30 pm, AAB-512, \$15.  
M Pappas. #WJ-D879

## Life Skills for Today's World

All workshops meet on Thurs., 7:30-9:00 pm. P Mastellone. Each workshop is \$20.

**Save \$\$\$.** Register for all 4 workshops for \$70. Use #WJ-D328

### Assertiveness Training

Learn to effectively communicate your needs, wants, and desires without invading the rights of others.

Oct. 5, ADM-207. #WJ-D670

### Empowerment

Learn to feel better about yourself and your abilities.

Oct. 12, ADM-207. #WJ-D671

### Dealing with Difficult People

Learn how to deal with difficult people.

Oct. 19, AAB-511. #WJ-D672

### Anger Management

Anger is probably the most misunderstood of all our emotions, particularly for women. Learn to identify, understand, cope, and change reactions to anger.

Oct. 26, AAB-512. #WJ-D673

## Getting Married?

### 6 Easy Steps to Enriching Your Marriage

Six easy rules of relationship that you and your partner can begin using immediately to improve and enrich your marriage. Come together or on your own—anyone can benefit by learning how to communicate better with people you love the most!

1 Sat., Oct. 7, 10:00 am-1:00 pm, ADM-207, \$35. D Gullery. #WJ-D099

### Fighting for Your Marriage

A practical, proactive program guaranteed to improve your communication skills and your marital relationship immediately. Learn how you can create the marriage of your dreams. Great for couples and anyone interested in building a successful, long-lasting relationship.

4 Thurs., Oct. 12-Nov. 2, 7:00-8:30 pm, ADM-207, \$65. D Gullery. #WJ-D100