

## Course Topics

### PHASE I

The Subconscious Mind  
Abuse  
Understanding Violence  
Healthy Emotions  
Anger Management  
Conflict Resolution  
Family of Origin  
The Brain  
Arrested Development  
Guilt and Shame  
Friendship  
Trust  
Stages of Recovery  
Forgiveness  
Father/Daughter Relationships  
Communication  
Birth Bonding  
Mother/Son Relationships  
Understanding Love  
Intimacy  
Healthy Families

### PHASE II

Abilities that Empower  
Denial and Defense Mechanisms  
Rejection  
Thinking/Feeling/Behaving  
Pleasers and Controllers  
Codependency  
Family Roles  
Addictive Love  
Abuse  
Healing from Trauma  
Shame  
Reactive Lifestyles  
Anger  
Communication  
Mature Love

## Contact/Registration

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## Locations

SAN JOSE CAMPUS

SANTA CRUZ CAMPUS

OAKLAND CAMPUS

SOUTH SAN FRANCISCO CAMPUS

# BAY AREA

## LIFE SKILLS



LEARNING TO LIVE, LEARNING TO LOVE



Offering hope of reconciliation so that you can rebuild your life, have better relationships, improve your self image and gain healing and closure from hurtful events.

Do you want to...

break free from the past?

overcome anger, hurt & shame?

have closer relationships?

grow in love for self & others?

Let us help...

The courses at Life Skills provide a safe place for students to examine their behaviors and learn positive tools for breaking patterns of the past and rebuilding their lives.

Take a class...

Our classes are offered in two phases. Each phase of the Life Skills program works through the "Learning to Live, Learning to Love" by Paul Hegstrom. Separate classes are offered for men and women.

PHASE I (30 weeks)

- Meets once per week
- Looks at the complex area of arrested development and introduces tools for breaking patterns of the past

PHASE II (24 months)

- Meets once per week
- Students continue deeper into application and implementation of skills learned in Phase I

Get registered...

Give us a call, visit our website or send us an email to get registered for an upcoming course.