

Living

Hope

Aug.–Oct.
2017

<p>Worry Less w/ WRAP Reduce your anxiety and worry more effectively. (2 Social Work CEUs available)</p> <p>Date: Mon. 8/7 Time: 1-3 p.m. Location: Our House Clubhouse 2045 E. West Maple, D405, Commerce</p>	<p>Yikes!... I'm in Crisis Plan for a crisis and let others know what to do if one occurs. (2 Social Work CEUs available)</p> <p>Date: Mon. 8/14 Time: 1-3 p.m. Location: Easterseals Michigan, 22150 W. 9 Mile Rd. Southfield</p>	<p>Your Best Self Become your BEST self by identifying and stopping stigma.</p> <p>Date: Fri. 8/21 Time: 10:15 a.m.-12:15 p.m. Location: Clubhouse Inspiration 1350 Lapeer, Oxford</p>
<p>Change ... A Good Thing Improve your coping skills in response to change.</p> <p>Dates: Thurs. 8/17 Time: 1-3 p.m. Location: Our House Clubhouse 2045 E. West Maple, D405, Commerce</p> <p>Date: Tues. 10/3 Time: 10:15 a.m.-12:15 p.m. Location: Clubhouse Inspiration 1350 Lapeer, Oxford (2 Social Work CEUs available)</p>	<p>Speechcraft Develop your public speaking skills by giving speeches in a small group setting.</p> <p>Dates: Aug. 8, 18, 22, 30 Sept. 5, 12, 19, 26 Time: 9:00 a.m.-11:00 a.m. Location: RCC 1200 N Telegraph Bldg 32E, RM 103-B, Pontiac</p>	<p>The Power of Hope Learn the double-edged strategy for grasping and keeping hope. (2 Social Work CEUs available)</p> <p>Date: Mon. 8/28 Time: 9:30 a.m.-11:30 a.m. Location: CNS, 279 Summit Drive, Waterford</p> <p>Date: Mon. 11/20 Time: 10:15 a.m.-12:15 p.m. Location: Clubhouse Inspiration 1350 Lapeer, Oxford</p>
<p>Advanced Directives Specify your treatment wishes in case you are unable to do so. (2 Social Work CEUs available)</p> <p>Date: Mon. 10/23 Time: 9:30 a.m.-11:30 a.m. Location: MORC 1270 Doris Rd., Auburn Hills</p>	<p>Defeat Loneliness w/ WRAP Decrease loneliness, using Mary Ellen Copeland's <i>The Loneliness Workbook</i>. (2 Social Work CEUs available)</p> <p>Date: Mon. 10/30 Time: 1-3 p.m. Location: Our House Clubhouse 2045 E. West Maple, D405, Commerce</p>	

How to Register: Visit our website, www.oaklandchn.org then select Training/Online Test, click on calendar, select the date of training and then enter all of your contact information. Call Beth Jacobs at 248-858-1795

These trainings are sponsored by Oakland Community Health Network.