Instructor Laura Debenham, M.S. will lead FOUR Mental Health courses this Fall! Each course is only $25!

**Positive Parenting**
Protecting, providing for and empowering your elementary school age child are vital aspects of parenting during his or her developmental years. This lecture will address nutrition, channeling energy, teaching work ethics and mutual respect.

DAY & TIME Tuesday, 7–8 p.m.
LOCATION GBC Elko Campus | McMullen Hall, Room 222
DATE 9/13/16

**Anger, Dance or Gift: Recognizing Personal Power**
In a world where personal power seems to be fleeting, when expectations fall short, it is easy to embrace the secondary emotion of anger. Understanding the root of strong emotions is the key in getting them under control and using the same energy to channel passions into more positive Communication.

DAY & TIME Tuesday, 7–8 p.m.
LOCATION GBC Elko Campus | McMullen Hall, Room 222
DATE 10/11/16

**Good Grief**
When tragedy strikes, grief follows. Loss can take a toll on our relationships. Whether your personal loss is from the choices made by a loved one or an untimely loss, there is a process we all go through to heal. Learn the best ways to help heal the grieving individual, especially yourself.

DAY & TIME Tuesday, 7–8 p.m.
LOCATION GBC Elko Campus | McMullen Hall, Room 222
DATE 10/18/16

**Understanding Autism**
Individuals with autism spectrum attributes seem to be difficult to understand. However, there are a few specific traits that actually give the frustrated teacher, friend or family Member a foothold in working with these wonderful people who make The world a better place if they are given adequate support to achieve their potential.

DAY & TIME Tuesday, 7–8 p.m.
LOCATION GBC Elko Campus | McMullen Hall, Room 219
DATE 10/25/16

REGISTER AT:
www.campusce.net/gbcnv
775.753.2231

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