



Samaritan Interfaith
Counseling • Consulting • Education

Coping with Daily Challenges



A Four Week Course for Adults Who

- Get irritable, angry, or frustrated easily
- Often wish they had handled a situation differently
- Frequently find themselves in arguments or fights

Coping with Daily Challenges: A four week skill-building course for adults

Samaritan Interfaith Counseling Center is offering a skill-building course in order to help adults learn how to respond to their emotions in healthy ways.

The course is offered on Thursdays from 6:00pm to 7:30pm and is limited to 8 participants. The total cost for the course is \$200. If paid two weeks prior to the first session, the cost will be reduced to \$160.

Coping with Daily Challenges is for adults who have difficulty handling stress or managing relationships with family, friends, or co-workers. The course teaches participants how to identify thoughts, feelings, and behaviors that lead to undesirable and desirable events. Each week participants learn multiple skills that allow them to act and react to scenarios in a healthy, positive way. The ultimate goal is continued use of skills after the course is completed.

Week 1: What is mindfulness and how to use it

Week 2: How to manage sudden or intense emotions

Week 3: How to handle stressful situations

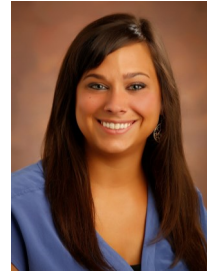
Week 4: How to communicate effectively with others

Session Dates: September 10th , 17th, 24th, October 1

Sessions held at : Samaritan Interfaith .
1819 Bay Scott Circle, Suite 109 . Naperville IL 60540

**For more information or to register please contact
Dr. Amelia Powelson at:
(630) 357-2456, extension 116 or apowelson@samaritancenter.org**

Course Facilitator



Dr. Amelia Powelson received her Doctoral Degree in Clinical Health Psychology from the California School of Professional Psychology at Alliant International University. She uses evidence-based interventions to help individuals make lifestyle and behavior changes, so that they can lead happier, healthier lives.

Dr. Powelson's areas of focus include anxiety/panic, concerns related to medical conditions, depression, grief/mourning, life transitions, social skills, and trauma/abuse.

A PLACE FOR
HEALING
AND
HOPE