



# Human Development Programs

## 2015 Fall Schedule

### EVENING PRESENTATIONS

*Skills and Encouragement for Daily Life*

3<sup>rd</sup> Tuesdays monthly 7:00 PM – 9:00 PM

***The Power of Kindness*** Sept 15

***Self Discovery isn't Selfish*** Oct 20

***Tools for Transitions*** Nov 17

**NEW!**

### WORKSHOPS

**My Body and My Personal Growth** – *Discover your body's role in your personal growth.*

September 18, 19, 20 9:30 AM – 5:30 PM Seattle WA  
+ 1 day TBD by the group

**PRH Decision-Making Workshop** – *Practice making grounded, holistic decisions*

November 8 10:00 AM – 4:00 PM Seattle WA

**Learning to Help Others with PRH "Helping Relationship"** – *Develop attitudes and skills for attunement in listening to and supporting others*

*Mondays:* Oct 12 & 26, Nov 9 9:30 AM – 3:00 PM Seattle WA

### MONTHLY GROUPS

**Meditation to Expand the Heart** Growth Group – *Grow personally, relationally and spiritually with guided inclusive (nonreligious) meditations, journaling & creative expression.*

3<sup>rd</sup> Saturdays, monthly Sept 19, Oct 17, Nov 21 10:00 AM – 12:30 PM

**Women's Growth Group**

2<sup>nd</sup> Fridays, monthly Sept 11, Oct 9, Nov 13, Dec 11 9:30 AM – 12:00 PM

**West Seattle Growth Group**

3<sup>rd</sup> Mondays, monthly Sept 21, Oct 22, Nov 16, Dec 14 7:00 PM – 9:30 PM

**REGISTER NOW: SPACE IS LIMITED!**