REFUND POLICY

Refund policy: Withdrawal from any non-credit class must be submitted in writing to the Workforce & Community Education office up to one business day prior to the first class. Absolutely no refunds will be issued after the first class has begun. The college reserves the right to cancel any course for which there is insufficient enrollment. In that event, a full refund will be issued.
Mindfulness Over Madness
CRN# 33233
Instructor: Rhonda Spaziani

Are the stressors of your daily life wearing you down? Does your mind chatter incessantly and usually with messages you really don’t want to hear? Then this training is for you. Learn mindfulness practices that can be transformative. We will practice self-hypnosis, proper breathing, and meditation, as well as how to change the way you respond to stressful events by simply changing the way you think. Yes. You can do it! We will utilize effective cognitive behavioral therapy strategies to control overwhelming feelings and replace them with more realistic, positive, and peaceful thoughts, which will result in far more emotional regulation. Dress comfortably and bring your favorite blanket.

Days/Dates: Friday
10/13/17-Registration deadline 10/6/17
Time: 9:00am-4:00pm
Room: B118
Cost: $100-no textbook needed
CEUs: .6

Rhonda Spaziani is a licensed professional counselor, a certified hypnoterapist, and is certified in meditation. She has over 20 years counseling experience (both within the community college setting and in private practice) and currently is the Director of Student Programs at TRCC.

Cultivating Resiliency
CRN# 33234
Instructor: Susan Greenleaf

• Find out how resilient you are.
• Learn a change and transition model to better adapt to changing times.
• Discover how we can learn from, move on from, and become stronger after difficult times.
• Demonstrate an understanding of how you can re-think a situation to become unstuck and to move forward.

Days/Dates: Friday
10/27/17-Registration deadline 10/20/17
Time: 9:00am-4:00pm
Room: B118
Cost: $100-no textbook needed
CEUs: .6

Registrations received after the deadline date may cause a delay in students receiving or purchasing textbooks in time for course start date.