

# UPCOMING CHANGE CENTER CLASSES

## **Anger Control Training (ACT) for Men**

3-4:30pm MWF starts July 1<sup>st</sup>  
10-11:30am TTh starts July 23<sup>rd</sup>

## **Anger Control Training (ACT) for Women**

10-11:30am TTh starts July 9<sup>th</sup>

## **Moving On (Women Only)**

1-3:00pm TTh at Gresham; entry points on July 7<sup>th</sup> and July 30<sup>th</sup>

## **Roads to Success (all genders welcome)**

10-12pm M-Th starts June 24<sup>th</sup> and July 22<sup>nd</sup>

## **Self-Paced Cognitive Behavioral Interventions Group for Men**

3-4:30pm TTh has open enrollment

## **Thinking for a Change (T4C) for Men**

10-11:30am MWF starts July 1<sup>st</sup>  
3-4:30pm MWF starts July 1<sup>st</sup>  
1-2:30pm TTh starts July 23<sup>rd</sup>

## **Thinking for a Change (T4C) for Women**

1-2:30pm MWF starts July 1<sup>st</sup>

## **Treatment Readiness for Men**

1-2:30pm TTh starts July 9<sup>th</sup>  
3-4:30pm MWF starts July 15<sup>th</sup>

For more information, call our main office at 503-988-3466.

**Reminder: All groups are now held on the 4<sup>th</sup> Floor of the Mead Building, with the exception of Moving On, which is held at the Gresham office.**