

LIFE SKILLS TRAINING CLASS



The OBHAW Life Skills Training Class is designed to help you learn and refine skills in changing behavioral, emotional, and thinking patterns. Joining this class can help you increase peace and joy, lessen distress, and build a life you're excited about.

Life Skills Training class is comprised of four skill modules:

- Core Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

The class is an open and ongoing group, you can join at any time. Class dates and times will be determined based on registrant availability.

Registration or Referral Contact:
Terry Henderson
Phone: (501) 620-5221
Email: TeresaH@OBHAW.org

ANGER MANAGEMENT CLASS



For many people anger can be costly, not only physically, but emotionally. Anger Management Class at OBHAW uses material that is evidence-based and focuses on helping participants regain control of their emotions.

The course focuses on developing skills in the areas of:

- Calming Techniques
- Expressing Negative Emotions
- Stress and Anxiety Management
- Conflict Resolution
- Practical Solutions

Class Time: Monday nights from 5:30PM – 7PM
Class Location: OBHAW Hot Springs Conference Center
Registration or Referral Contact:
Anna Short
Email: AnnaS@OBHAW.org

ACTIVE PARENTING CLASS



Parenting can be very rewarding, but is, at times, full of challenges, frustrations, and heartaches. Sometimes it may seem that children are out of control and that no matter what you do as a parent your child's behavior only gets worse. OBHAW Active Parenting classes are designed to equip parents and kids with skills to develop more peaceful and meaningful relationships with each other.

Active Parenting Classes equip parents and kids with skills in the areas of:

- Respectful Discipline
- Communication
- Positive Engagement

Class Time: Thursday nights from 6PM – 7PM
Class Location: OBHAW Hot Springs Conference Center
Registration or Referral Contact:
Anna Short
Email: AnnaS@OBHAW.org

GRIEF GROUPS



Losing a loved one often has a profound effect on a person's life. At OBHAW we offer Grief Groups that offer support and guidance through the process of grief.

OBHAW Grief Groups offer guidance in these areas:

- Understanding the normal grief reaction
- Moving through grief at your own pace
- Treasuring memories of loved ones while building new traditions
- Renewing resources for living
- Building satisfying new lives
- Reinvesting in your own life and finding gratification

Class dates and times will be determined based on registrant availability.

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