



# NDCC

NEW DIRECTIONS COUNSELING CENTER  
WORKING FOR A BRIGHTER TOMORROW

## HELPING KIDS **BREAK** THE CYCLE



**ADOLESCENT**

Stress

Management

**Class**

### TOPICS INCLUDE:

- Anger Management
- Conflict Resolution
- Healthy Boundaries
- Coping Skills
- Family Roles & Relationships
- Peer Relationships

### FACILITATED BY:

**MICHAEL RUBINO, III, PH.D.**

#### GROUP LOCATION:

101 GREGORY LN, STE 33  
PLEASANT HILL, CA 94523

RESERVATIONS: 925-798-7500

Group are starting soon and are held once a week on Tuesdays for ten (10) weeks. From 7:30pm to 9:30pm

**CALL:**  
**925-798-7500**



**COST: \$200**

#### COST INCLUDES:

- PRE-CLASS PARENT/CHILD ASSESMENT
- 10 WEEK CHILD GROUP & MATERIALS

CREDIT CARDS ACCEPTED  
V.O.C. ACCEPTED