



## Personal Development

# Interpersonal Mindfulness

Interpersonal Mindfulness focuses on Mindful speaking and listening, and staying centered and mindful in the midst of relationships. Come and learn to transform reactivity with mindfulness and calm and become more relaxed and accepting of yourself and others.

Six guidelines for speaking with awareness and for deep listening are introduced and practiced in dyads and small groups.

While practicing the guidelines you receive topics for discussion and contemplation that are taken from Buddhist and western psychology, and the shared human experience. Participation in this program establishes and supports mindfulness practice, enhances feelings of relatedness and compassion, and brings clarity to your life.

**2.00 CEU credits available upon request**

### The Instructor:

Yael Schweitzer LCSW, BC-DMT is a Clinical Social Worker, movement Therapist, teacher of Mindfulness Based Stress Reduction and co-developer of the Interpersonal Mindfulness Program. She has over 25 years of experience in integrating relaxation and mindfulness practices in therapeutic work with individuals and groups.



### Dates & Times:

Mondays, Oct. 3 – Nov. 21  
7:00 pm - 8:50 pm *and*  
Saturday, Nov. 5  
10:00am - 3:50pm  
No class 10/24

### Cost:

\$119.00 for tuition

### Location:

PCC CLIMB Center  
Room 306 (rm 301 on Sat.)  
1626 SE Water Ave  
Portland OR 97214

### Register:

Use CRN 42906 to register

**Registration information is on the back of this flyer!**

Contact us at: **503-788-6266** or **[www.pcc.edu/community](http://www.pcc.edu/community)**

Please visit us online or look in **PCC Communities** for more information on this and hundreds of other **Fall 2011** term classes.

Registration begins Monday, August 2

## How to Register

*For more information, call  
PCC Community Education at 503-788-6266!*

Students are strongly encouraged to register in advance. Cancellation decisions are based on minimum enrollments. Please register in advance and help Community Education make the best decisions! Your registration also ensures that you will be contacted should there be a change or cancellation of your class. PCC offers easy options to register for class:

- By Mail or Fax: Complete the form below and mail to Portland Community College, PO Box 19210, Portland, OR 97280-0210 or fax to 503-977-4988
- By Web: Secure online registration is available through [www.pcc.edu/mypcc](http://www.pcc.edu/mypcc)
- By Phone: Call 503-788-6266 and choose option "2" to reach PCC Enrollment services. The line may be busy during peak registration periods.

### Registration Confirmation

Confirmation of class registration is assumed once you register. Students registering 12 days before the term begins and who did NOT use MyPCC to register, will receive a mailed copy of their registration confirmation. If you have not received a registration confirmation by the first week of class, you may call the registration helpline at 503-977-8888 to request one. This helpline is staffed Monday through Friday from 9am to 5pm. Students who register through MyPCC receive registration confirmation on-line.

### Dropping a Class

Please note that if you register for a class and do not attend, you are obligated to call and cancel your registration according to the Community Education drop deadlines ([www.pcc.edu/communityed](http://www.pcc.edu/communityed)). If you do not drop your class, the College will bill you for the tuition. You may use MyPCC at [www.pcc.edu/mypcc](http://www.pcc.edu/mypcc) or the phone registration number (503-788-6266 and choose option "2") to drop a class.

### How to Pay | *You have 4 options!*

- Option 1** View and pay your bill online 24-7 via MyPCC ([my.pcc.edu](http://my.pcc.edu)). After you login, select the PCC-Pay link located under the College Business tab.
- Option 2** To pay by phone, call 503-977-4234.
- Option 3** Pay in person at any campus business office.
- Option 4** Mail registration form and payment to: Portland Community College, P.O. Box 19210 Portland, OR 97280-0210

#### **Payment is due the first Friday of the term.**

After that date, payment is due when registration is processed.

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