

# 2<sup>nd</sup> Thursday Class Schedule

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**FREE** personal growth classes with Tina Gilbertson, LPC  
Second Thursday of the month, 6:30pm-7:30pm  
1235 SE Division St., Suite 207, Portland, Oregon

**IMPORTANT: Check the website for schedule changes: [www.TinaGilbertson.com](http://www.TinaGilbertson.com).**

November 10, 2011	<b>Emotions 101</b> See April 12 description below.
December 8, 2011	<b>NO CLASS</b>
January 12	<b>Goal Setting Essentials</b> See March 8 description below.
February 9	<b>Do the Work You Were Born to Do</b> See June 14 description below.
March 8	<b>Goal Setting Essentials</b> Setting goals is great for self-esteem, but only if you work toward them. Find out how to prepare for goal-setting success.
April 12	<b>Emotions 101</b> A little constructive wallowing never hurt anybody! Learn why and how to be kinder to yourself when you're feeling down.
May 10	<b>Go With the Flow</b> The flow of life is always moving, even when it doesn't seem like it. Learn how to accomplish more with less effort.
June 14	<b>Do the Work You Were Born to Do</b> There is something special you're here to do. Let this class help you discover what it is, and inspire you to pursue your dream career.

