

Foster/Kinship Care Education and Independent Living Programs  
Of Pasadena City College present:

# KEEPING YOUR COOL! WORKSHOP SERIES FOR YOUTH AGES 14+



Tuesday, June 8, 2010—5:30P—7:30p  
"Keeping Yourself Cool"

Tuesday, June 15, 2010—5:30P—7:30p  
"Keeping Cool with the Adults in Your Life"

Tuesday, June 22, 2010—5:30P—7:30p  
"Keeping Your Dating Relationships Cool"

Tuesday, June 29, 2010—5:30P—7:30p  
"Keeping Your Cool on the Job"



**KEEPING YOUR COOL—**  
come and learn ways to  
manage your anger despite  
the circumstances. These  
workshops will help  
foster/probation youth  
ages 14 and up to find  
ways to deal with everyday  
challenges without losing  
their cool and destroying  
relationships or burn  
bridges!

Saturday, June 12, 2010—10a to 2p  
"Keeping Yourself Cool"  
"Keeping Cool with the Adults in Your Life"

Saturday, June 19, 2010—9a to 3:30p  
The College Experience  
Talk to Your Teens About Sex  
Building Self Esteem

Saturday, June 26, 2010—10a to 2p  
"Keeping Your Dating Relationships Cool"  
"Keeping Your Cool on the Job"

**to sign up for classes, please call 626-585-3037**

Workshops held at

Pasadena City College's Community Education Center

3035 E. Foothill Blvd., Pasadena, CA 91107

Room 205

Light meal will be provided

