

Adult Classes

Center for Humanistic Change

For More Information

CHC is offering adult classes in:

- * Anger Management
- * Parenting & Relationships
- * Substance Abuse & Health
- * Financial Fundamentals

To learn more about classes, please contact CHC at

610-443-1595

Center for Humanistic Change engages community members in building skills to address life's challenges.



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CHC engages community members in building skills to address life's challenges. CHC is proud to offer classes that support the following programs:

Anger Management- Program covers reasons for anger, identifying triggers and warning signs of anger, and techniques to handle anger and consequences of anger.

Schedule/Hours- a series of 4 classes (3 hrs each class) ***Tuesdays (6:00PM-9:00PM) or Saturdays (9:00AM-Noon)***
Fee- \$100 ****Classes in Spanish held quarterly***

Parenting & Relationships- Program includes identifying and learning positive parenting techniques and learning to recognize healthy relationships with others.

Schedule/Hours- Classes held quarterly on a Saturday ***(1:00PM-5:00PM)***
Fee- \$40

Substance Abuse & Health- Program covers stages of addiction and impact on health, family and other problems in life.

Schedule/Hours- Classes held quarterly on a Saturday ***(1:00PM-5:00PM)***
Fee- \$40

Financial Fundamentals- Program covers basic financial skills such as: check writing, balancing budgets and other techniques to maintain financial responsibility.

Schedule/Hours- Classes held quarterly on a Saturday ***(1:00PM-5:00PM)***
Fee- \$40