



The Oregon Council for Affordable & Rural Housing Presents

~C.A.L.M. COPING~

Skill Building for Subsidized Housing Management Staff

Thursday, July 24, 2008, 7 PM to 9 PM (EVENING PROGRAM!!)

Holiday Park Gardens Community Room, Grants Pass

"What happens is not as important as how you react to what happens." -Thaddeus Golas

Work-related stress never shows up on the first day. But on the second day and thereafter, it starts scorching the edges of an otherwise satisfying job until the day comes when being unemployed seems preferable to another day working at the housing project. Don't let that happen to you or your onsite colleagues!

So... if you work in the affordable multifamily housing industry, please join us for this roundtable discussion on coping with the stresses unique to working onsite. The goal of this program is to establish a support group among Oregon site staff, where coping skills can be taught, shared, and implemented. In addition, we will discuss the importance of establishing safe, clear boundaries in the workplace and in life.

Discussion leaders Roger and Debbie Horton both have Master's Degrees in Counseling Psychology and are currently working toward their doctorates in Clinical Counseling Psychology. Roger is a former police officer and paramedic. Debbie is a former paramedic and has worked in the social services field. Roger and Debbie have worked in the affordable housing industry for the past six years as site and regional managers.

So that everyone may participate in a cozy, comfortable environment, class size will be limited to thirty. Refreshments will be served, but we do recommend that you have dinner before you arrive.

Stuff For Your Palm Pilot

Date and Time of Class: Thursday, July 24, 2008, 7 PM to 9 PM (EVENING PROGRAM)

Location: Community Room, Holiday Park Gardens Apartments, 1051 E. Park Street, Grants Pass. Please park in any of the unmarked parking slots. Large signs will direct you the community room, which is notable for the U.S. Flag display in front of the building.

Registration Fees: \$10 for CARH members, \$15 for non-members. Please send a check to Oregon CARH, 544 Ferry Street S.E., Suite 2B, Salem, Oregon 97301 or bring it with you to the class.

To Register: Complete this form and FAX IT TO (503) 992-0853. This reserves your seat. Then process your check in your normal way. **Since class size is limited, confirmation will be sent via email.**

Need to cancel? Refunds cheerfully given up to three days before the class. You are welcome to substitute a student anytime!

Send one! Send all!

Name of Registrant: _____

Name of Registrant: _____

Name of Registrant: _____

Name of Registrant: _____

Representing: _____

Telephone/Email: _____

Questions? Contact Maggie Meikle Ph: 503-357-7140 Fax: 503-992-0853 Email: oregoncarh@verizon.net
