

The Happiness Project



**Riverside Campus, downtown Medford
Fridays, Jan. 19 – March 9, 2018
11 a.m. – 12:30 p.m.,
Building C, Room 109**

*“There is no duty we so much under
rate as the duty of being happy.”*
-Robert Louis Stevenson

Group lead with facilitation by Emily Strong,
RVC Counseling Department
Clinical Mental Health Intern

An 8-week group
designed to enhance
happiness by...

- exploring what we want more of in our lives.
- clarifying values and action.
- creating happy habits.
- being accountable to each other.

If you experience a disability that may require some accommodation in order to participate in a Rogue Community College class or activity, please notify Disability Services; RVC / TRC 541-245-7537 and RWC 541-956-7337 or disabilityservices@rogucecc.edu at least 5 business days in advance.

**Join our happiness group by contacting Emily Strong at
541-245-7670 or email: estrong@rogucecc.edu.**

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