

The House Of
EXODUS

Alcoholism Educational and Treatment Center

1639 N.E. Alberta

PORTLAND, OREGON 97211

284-7997

Exodus Mental Fitness Classes

Sponsored By

The Exodus Clean Team

IMPORTANT NOTICE

- 1) On Thursday, December 3, 1981, The House Of Exodus' Board of Directors voted to increase its services to the community by adding a department exclusively for the betterment of Mental Health. The Department shall be called The Mental Health Department of the House of Exodus.
- 2) Services will consist of prediagnostic referrals, general information and direct consultation and education. Thomas Boothe's "Quadripartite Concept" will be used to conduct educational classes.
His Quadripartite Concept utilizes principles of (1) *Family Relations* do's and don'ts, plus, stress relieving formulas and coping skills; (2) *Social, Job, Professional and Business Relations* do's and don'ts; (3) *Personal Principles and Self Esteem Policies*, for self that does not infringe upon the rights of others; (4) *Money and Material Property Management*, learning and understanding the natural rules that govern production and consumerism.
- 3) *Implementation Process* classes are scheduled each Tuesday morning from 10 am to 12 noon and also on Tuesday evening from 7 pm to 9 pm.
- 4) *Enrollment fee*: \$15.00 per session in advance.
- 5) *Location*: Exodus Bldg., 5008 N.E. 16th upstairs (corner of 16th and Alberta) Portland, Oregon 97212, phone number (503) 284-7997.

It has been known by the wise that mental fitness assures positive *attitude*, *better treatment*, improved *situations* and access to *greater truth*.