



PSYCHOLOGY AT LUNCH

Mondays

12:00-1:00 pm CDT

Presented on ZOOM

To **REGISTER** for this **FREE** program

Email: repairmyhouse110@gmail.com

Now in it's 35th Year!

Mind, Body and Soul Skills for the Journey.

Moving Forward in Our Transitions

JANUARY 26

Get Back On the Road To Becoming A Leader In Your Own Life

Time to put distractions and bad habits aside, and re-focus to gain traction in moving forward. Put more order in your life. What is your word for the year?

FEBRUARY 2

Moving Forward Or Backwards? What Are You Practicing?

What stories or excuses do you tell yourself that keep you small? Are you revising them, or continue to reinforce them? Your **movement/actions** reveal your **actual**, not **good** intentions.

FEBRUARY 9

Personality Patterns and Stress

How does your personality shape how you cope with stress? Learn about 6 patterns that involve expectations and evaluations.

FEBRUARY 23

Accountability WITH Self-Compassion

Punishing yourself hinders learning from mistakes. Self-compassion requires holding yourself accountable, and it nourishes self-care, new coping strategies and enhanced problem solving. Seek more balance!

MARCH 16

Learn To Accept What You Cannot Change

Acceptance challenges us. It's very difficult, but we can learn to modify our responses!



Psychologist Dr. Jerry Hiller and Marilyn Rochon MA, LCPC guide participants in the pursuit of stress relief, self-acceptance, self-efficacy, and developing a sense of purpose. Participants learn to increase self-confidence, navigate through loss and depression, and improve relationships with themselves, others and God. The sessions combine practical psychology with the life-giving ways of St. Francis of Assisi.