



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 34th Year!

**Mind, Body and Soul Skills for the Journey.
*Moving Forward in Our Transitions***

November 10

When Others Disrespect You: Respond, Don't React—Part 2

When others disrespect us, we seek to defend ourselves, strike back, or “set them straight”, and the situation escalates. Learn alternative responses to set boundaries, deal with gas lighting, and demonstrate respect for yourself and others.

November 17

When You Disrespect Others: Appropriate Responses Including Apologies

At times we catch ourselves disrespecting others even when that was not our intention. How can you admit responsibility and apologize in more effective, and less stressful ways?

December 8

Hesitation In Living Your Life Purpose—Part 2

Stop getting angry at yourself for not taking action on missed opportunities taking risks, or trying something new. Take a more effective approach to your fears of changing, or being weird/different.

December 15

Serenity During Fear and Anger-Provoking Times: The Challenge

Fear and anger take a toll on us. How can we increase peace and serenity when life is chaotic and discouraging? How can we be people of good will in the midst of turmoil?



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.