



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***

September 8

The Courage To Be Human

Develop more courage to understand yourself at deeper levels: courage to clean out your "stuckness", and rewrite the stories/fictions that hold you back. Move forward with greater vitality in spite of the inferiority feelings of all humans.

September 29

Chose Alignment, Not Perfection Part 2

Challenges in one area can dominate living a balanced life. Restore connections to other life tasks.

October 6

When Others Disrespect You: Respond; Don't React

Pause emotional reactions; respond with self-respect and boundary keeping. Refuse invitations to engage in negative nonsense!

October 20

Hesitation In Living My Life Purpose

Reconsider what holds you back: "Is it ok?"; "Do I have permission?"; "What will others think?"; "It's too difficult", etc.

November 3

God, Help Me Get My Stuff Together Part 3

Modify outdated ways of belonging: proving yourself; comparing; avoiding risks, etc. How do you seek to belong...now...?



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.