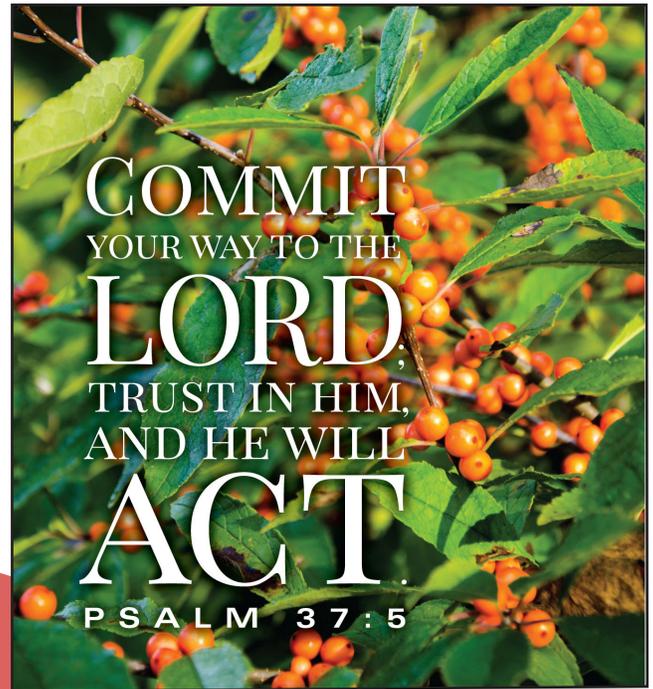


Personal Growth

sponsored by Care Ministries

All events are 6:30-8:00 pm
unless otherwise noted.



February 27 - Mindfulness

Presented by Robin Palzewicz

Learn how to focus on one thing at a time and be present in the moment so you can live your life to the fullest. Meet in room 2022.

March 26 - Setting Healthy Boundaries: Putting a sense of order in your life.

Presented by Robin Palzewicz

Learn about the grief cycle and how it can be applied to a variety of life situations. Meet in room 2022.

April 23 - Autism: One Family's Journey

Presented by Robin Palzewicz

Hear about the joys and challenges in the life of one family while learning early warning signs, the importance of early intervention, coping skills used and resources available. Meet in Fellowship Hall.

May 14 - Therapeutic Benefits of Yoga

Presented by Robin Monson-Dupuis

Yoga is not just for our bodies. It helps us calm our busy minds and open up our spirits. This practice teaches us how to reconnect with ourselves each time we come to the mat! Meet in Fellowship Hall.

September 24- Down Day or

Depression?

Presented by Robin Palzewicz
Learn about the different types of depression, symptoms and when clinical help is needed. Meet in room 2022.

October 22 - Enabling vs. Support

Presented by Robin Monson-Dupuis

Learn how to tell the difference between enabling vs. support when we have a loved one who struggles with mental health or addiction illnesses. Learn how to make those tough decisions, and keep loving yourself and them! Meet in Fellowship Hall.

November 12 - Gratitude/Positivity/Joy

Presented by Robin Palzewicz

Learn the importance of finding gratitude and positivity in all aspects of life in order to discover the true joy within yourself. Meet in room 2022.

All events are free and open to the public.

Please RSVP to 414-529-6700 or mjsteinbrenner@hcl.org