

Personal Growth

sponsored by Care Ministries

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

January 24 - Trauma: Stop Being Defined by Your Past

Learn how trauma affects the brain and what are the options for treatment. Meet in room 2022

February 28 - You Turned My Mourning into Dancing Book Launch

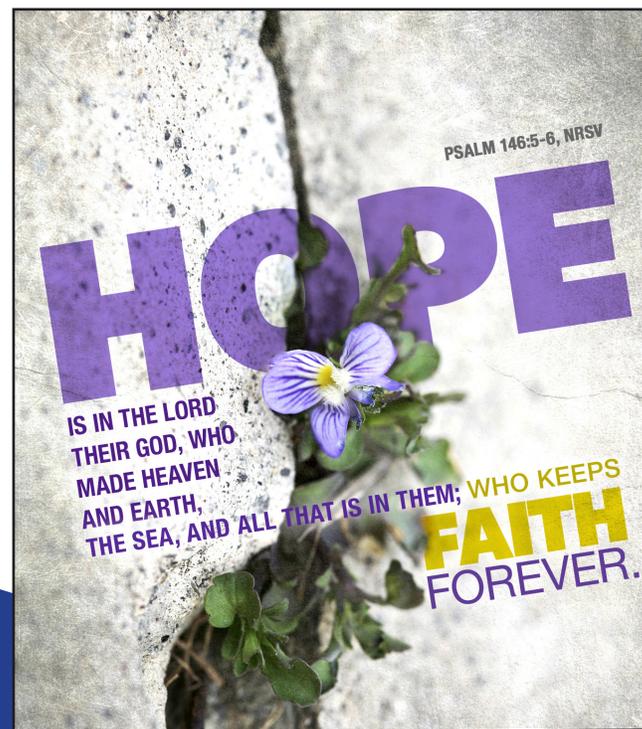
Depression is not a solitary battle; it affects the entire family. Join author Ken Palzewicz as he shares why he chose to write a book about God's intervention in his life. Ken's wife Robin, will be joining him as they share details related to this pivotal time in his life. Meet in Fellowship Hall

March 28 - Grieving Life's Disappointments

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

April 11 - Stories of Hope

presented by NAMI of Waukesha.
Two speakers share compelling personal stories about living with mental health conditions and achieving recovery. The presentation is in five parts: despair, acknowledgment, treatment, recovery, triumphs and aspirations. There will be a time to ask questions. Meet in Fellowship Hall.



May 23 - Anxiety: Friend or Foe?

Come and learn how anxiety can be helpful and when it becomes a problem. Meet in room 2022.

September 26 - Emotion Regulation in Children

Are there good and bad emotions? Come, learn the answer and gain knowledge and technique to help children learn to manage their emotions appropriately. Meet in Fellowship Hall.

October 10 - Therapeutic Options

Learn about the different types of therapies that are utilized in counseling. Meet in room 2022.

November 14 - Relaxation? Who has Time for That!

Learn about the benefits of relaxation and some simple techniques to use. Meet in room 2022.

All events are free and open to the public.

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



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