



# REPAIR MY HOUSE



**29th Year**

**Mind-Body-Soul  
Skills for the  
Journey**

**Mondays**

**12:10-12:55 pm**

**St. Peter's Church**

110 W. Madison St.

Chgo., IL 60602

**St. Clare Auditorium**

**Lower Level**

**\$5 Donation**

**Dr. Jerry Hiller,  
Psychologist**

**Marilyn Rochon,  
M.A., LCPC**



## Duct Tape Psychology 4

**It Isn't Pretty, But It Sure Does Hold  
Your *Stuff* Together**

- **July 15**

### **Stop Allowing Negative People to Rent Space in Your Head**

Learn ways to not allowing the negativity of other people and their issues push you and yours around.

- **July 22**

### **Don't Sell Yourself Short**

Anxiety and discouragement reduce feelings of self-esteem and self-confidence. Learn to evaluate and appraise your behaviors in more accurate ways.

- **August 5**

### **Stress and Your Gut: What to Hold On To, and What to Let Go Of**

Constipation, diarrhea, irritable bowel, etc. challenges peace of mind. Learn strategies for managing the effects of stress on your gut (enteric system).

- **August 19**

### **Not Patient Enough vs. Too Patient**

You get frustrated with not being patient, but then angry at yourself for putting up with too much...over and over... Discover your *purpose* and learn *alternatives*.

- **August 26**

### **Manage Your Parental Voices**

What voices in your life do you choose to let go, keep, or modify?