

# Personal Growth

sponsored by Care Ministries

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



## January 25 - Down Day or Depression?

Robin Palzewicz - MS in Professional Counseling  
Learn about the different types of depression,  
symptoms and when clinical help is needed.

## February 22 - Reality Acceptance

Robin Palzewicz - MS in Professional Counseling  
Learn how to apply reality acceptance in your life to  
help you move past a situation.

## March 8 - My Two Elaines 6:30 - 8:30pm

Former Governor of WI - Martin J. Schreiber  
Join former WI Governor Martin J. Schreiber as he  
shares lessons from his decade-plus journey as a  
caregiver for his wife Elaine, who lives with Alzheimer's  
disease.

## April 26 - Ask a Question, Save a Life 6:30 - 8:30 pm

Martin Benson - Prevent Suicide of Greater Milw.  
Mr. Benson will talk about the QPR method, **Question**,  
**Persuade**, **Refer** in helping prevent suicide.

## May 24 - Mindfulness

Robin Palzewicz - MS in Professional Counseling  
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.

## September 27 - Managing Frustrations with Information Overload

Dr. Gary Gregg, Psy.D

## October 25 - Distraction/Improve the Moment

Robin Palzewicz - MS in Professional Counseling  
Learn techniques to help you get through a situation  
you can not solve, but need to move on.

## November 29 - Positivity/Gratitude/Joy

Robin Palzewicz - MS in Professional Counseling  
Discover ways to stay positive, find gratitude and joy  
when negativity surrounds you.

## December 13 - Distorted Thinking

Robin Palzewicz - MS in Professional Counseling  
Learn how to identify negative thinking and change  
it to positive.

**All events are Free and  
open to the public.**

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



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