



Catalyzing Change

United in Spirit - United in healing truths - Uniting Modalities

Michigan Holistic Nurses Association



Webinar/Teleconference

August 18, 2015, 6:45 pm-9:00 pm

Good Grief, Is it Time To Call the Psychotherapist?



Featuring: Peggy Grigowski holds a Masters in Counseling from Spring Arbor University and is licensed by the State of Michigan as a PLLC. In addition Peggy holds several certifications such as Dialectical Behavior Therapy, and a certificate in How the Brain forms new Habits

When is it time to call in a counselor/psychotherapist professional?

- The signs
- How do I handle this?
- What to do after I call in a professional?
- Why do I feel so bad after I made the decision to call? What if I'm wrong?

Second part:

- What about me? Am I losing it?
- Signs in me and my family
- How to help myself and my family?

Meeting fee: Non-Member \$5.00 Member \$3.00

Webinar/Teleconference registration visit: unitedholisticassociation.com