

» PRESSURE «

THE STORIES WE TELL OURSELVES:
MANAGING STRESS BY TRANSFORMING THOUGHT
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NOON | THURSDAY
SEPTEMBER 20

ST. JOE'S COMMUNITY ROOM | 3269 MAIN ST.



Psychologists know that our thoughts and beliefs affect our behaviors. Let's talk together about how faith in God's abundant grace can play a role in developing more helpful narratives about our lives that will lead to feeling calmer and more satisfied in daily life.

F ^{faith}

Explore your Spirituality

E ^{eat}

Bring your lunch,
coworkers, and colleagues
for a brown bag series

D ^{discuss}

Guided Conversation
Prayer Practices
Table Discussions