

Healing Heart



Counseling
Center

www.HealingHeartCounseling.Org

Distinctively Christian Professional Counseling

NEW MEETINGS ARE NOW AVAILABLE!

Want to *speed up* the counseling process, get **ONE MONTH of counseling in **ONE DAY**, and **SAVE 50%**? **NOW YOU CAN!****

There are no "QUICK FIXES," but this is the next best thing!
After taking polls at the last 20 Saturday Meetings, clients rated their highest interest in the following NEW Meetings which are **now available!**

(These are 3 hour teaching meetings designed to give clients specific skills & tips to cope with specific issues.) Please call if you'd like hand-outs describing each meeting in more detail and the dates of the meetings.

STRESS & ANXIETY MTG. Stress and anxiety rob you of the peace and serenity that God wants you to have. Learn effective techniques & skills to cope with your stress and reduce your anxiety.

PERFECTIONISM / THE PERFORMANCE TRAP Perfectionism greatly limits your success, damages your self worth and is often the cause of procrastination and self defeating behavior. Understand the difference between striving for excellence and perfection, and how to maximize your talents, skills and abilities.

FAMILY OF ORIGIN Find out how your family of origin and relationships have shaped your beliefs, thought patterns and behaviors. Next, make slight adjustments to live the most fulfilling and successful life possible by becoming who you were meant to be.

THE APPROVAL TRAP & REJECTION Learn to cope with the fear of rejection and overcome people pleasing.

ADHD MTG. For adults with ADHD & their spouses, and for parents of youth with ADHD. Learn quick & effective tips & methods for handling the symptoms and problems associated with ADHD, including inattention, distractibility & impulsivity. 119 tips, plus much more!

GRIEF & DEPRESSION MTG. For those who have experienced losses, including loved ones, health, job, miscarriage, broken engagement, pet, financial, divorce etc. Learn to move effectively through the grief process.