

# Take Charge of Your Life!

## A Unique FREE 6 hour Workshop

### Help you to...

- Gain effective control over negative feelings such as anger, guilt, depression and choose more positive thinking behaviors
- Become more self-accepting and less critical of others
- Learn specific techniques for resolving conflict -inside oneself or with others
- Add happiness and connect better in important relationships



### Some topics discussed during sessions:

- Knowing what you can control and what you have no control over
- Needs, wants and things that are important to you
- Relationship Habits
- Perceptions that shape our reality
- Behavior Choices

This free series of workshops is based on the award winning book ***Take Charge of your Life*** written by the late Dr. William Glasser. Dr. Glasser was a champion of Mental Health and personal responsibility. This workshop is a tribute to his legacy. Your trainer for these sessions is James A. Mishler, MA from Clare, Michigan.

Session	Dates	Time
Session One	Part 1 Tues. Oct. 21 Part 2 Thurs. Oct. 23	6 PM to 9 PM
Session Two	Part 1 Wed. Oct. 22 Part 2 Fri. Oct. 24	9 AM to 12 PM

Besides the valuable knowledge you will learn, this workshop series also includes a light snack, a participant booklet and a free copy of the "Take Charge of Your Life" book.

If you are interested in attending this workshop please register online at

<http://www.pmdl.org>

or call The Pere Marquette District Library at 989-386-7576 ext. 4

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