

Overcoming the Stress of “Stuff”

Stressed by clutter? Are you so overwhelmed you don't know what to do with it?

Could you be a clutterholic? Do you keep “things” for comfort... and then feel awful with your excess stuff?

Is clutter getting in the way of your tranquility and the person you want to be?

Come and learn why people *unnecessarily* hold onto things, specific ways to deal with clutter and the emotional process of letting go.

BRING LUNCH

NASSAU COMMUNITY COLLEGE
Saturday, October 12, 2019

Heal Old Hurts and Get on With Your Life!

Unhealed, old hurts tend to keep us stuck. Feelings of hurt, anger, resentment, sadness, and grief get in the way of quality living. Stuck feelings show up at the most inopportune times. They can cause us to act out in destructive ways.

Learn how to address your feelings in a conscious way through FOUR specific and doable steps so you can get on with your life and become the happy, flexible person you were meant to be.

BRING LUNCH

NASSAU COMMUNITY COLLEGE
Saturday, October 26, 2019
9:30 AM – 4:30 PM Cost \$80

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