

10-STEPSTO EXCELLENT MENTAL AND EMOTIONAL HEALTH

DON'T MISS YOUR NEXT MENTAL HEALTH CHECK-UP!

Check Up #4: PERSONALITY DISORDERS

PERHAPS PERSONALITY IS HOLDING YOU BACK

An Intentional Seminar for All Christians
Who Just Want to Become More Like Christ!



Thursday, February 12, 2015, 7:00-9:30pm - BE ON TIME!

ADULT CONTENT – Absolutely No Children.

This is a non-smoking, low-perfume event

THE CHURCH of Jacksonville - CIAJ CENTRAL - Enter Door # 3
10302 Deerwood Park Blvd

For more information call Shannon at: 904-233-9325.

Do you ever feel anxious, misunderstood, conflicted and without peace even in simple things? Are some of your relationships a little messy or dysfunctional? Have you ever been told you that you are acting a little irrational, overboard or crazy? Maybe you can see their point, or, maybe you have no idea why they would say that about you.



This Mental and Emotional Health Check-Up will help you understand the causation and the pathology of your behaviors and show you exactly where you are and how you can become the best version of you.

This seminar will provide answers as to what your behaviors mean and how they became so messed up in the first place. It will give you an up-close and personal look at your lives so you can understand how your internal feelings may have caused you to victimize those around you. You will learn how to better get your emotions under control.

**Don't forget you can buy previous CDs at each seminar.
Steps 1, 2 and 3 are ready!**

SEATS ARE LIMITED – BE ON TIME – SEATS ARE LIMITED

STEP FOUR:
PERSONALITY DISORDERS