

How to Stay Sane in a Crazy World

Treat Yourself to an Oasis in the Overwhelm

Do “bad emotions” attack you during the holiday season? Are you feeling lonely? Anxious? Guilty? Angry? Frustrated? Financially stressed? You’re not alone. Statistics show that depression, suicide rates, and overall anxiety peak in holiday times. Bring your real self to this gathering and Life Coach Millie Grenough will help you find practical ways to really enjoy these days.



Photo by Harold Shapiro

Coach, author of ten books, motivational speaker, and Clinical Instructor in Psychiatry at Yale School of Medicine, Millie is certified in EMDR-Level II with a specialty in Performance Enhancement, and is one of ten people worldwide named Master Rubenfeld Synergist. Her six years living and working in Latin America and Europe help her speak and sing in Spanish, and be at home with people from diverse cultures, economic and educational backgrounds.



Monday November 18th at 6:30pm

What Are You Really Thankful For?
How to find and feel genuine thanks.



Monday December 9th at 6:30pm



Is All the Commercialism Around the Holidays Driving You Nuts?
How to enjoy the beauty and lower the stress.

Monday January 6th at 6:30pm

2020—How to Make it Meaningful
Forget the resolutions and feed the soul.

