



The C. G. Jung Association of Central Ohio presents

Sorting through Your Emotional Clutter

Presenter: Patricia Schmitt, MA, CRC

Sunday, January 24, 2016 1:30 – 4:00 PM

**Grandview Heights Public Library
1685 W 1st Ave, Columbus, OH 43212**

We fill the physical, mental and emotional spaces in our lives with so much clutter that all of our energy goes into *managing* the clutter, leaving very little time for new experiences and opportunities.

Through discussion we will explore:

- What emotional dust and debris are cluttering up your life?
- How does it impact other areas of your life?
- What are the obstacles you experience in dealing with emotional clutter?
- How do you sort through the clutter and gain time and energy to live more fully in the present?

Learn how to apply kindness and compassion to ourselves in addressing our emotional clutter and leave with suggestions to bring more balance and harmony into our lives. Join us for this this insightful and practical workshop.

Patricia Schmitt, MA, CRC is a board-certified rehabilitation counselor. Before her retirement, she served as the director of JamesCare for Life at The James Cancer Hospital where she led the development of supportive care programs for patients, family caregivers and the community.

Currently, Pat is a health care consultant and teaches classes and workshops. She is particularly interested in transitional issues for adults in the second half of life. In her own second half of life, Pat enjoys her role as a mentor, learner and collaborator.

Fee: \$25 for JACO Members, \$30 for Non-members

Pre-Registration due by January 17, 2016

Registration: Registration and payment may be done by phone with credit card (614.291.8050) or at our website (www.JungCentralOhio.org). By mail, make check payable to JACO and send to JACO, 59 W. 3rd Ave. Columbus, OH 43201.

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