

Save the Date!

Stuffed House/
Stuffed Body:
Overcoming the
Disease of MORE

Sat, March 31, 2012

9:30 AM– 4:00 PM

Tabor Retreat House, Oceanside

Whether it's too much stuff in your home, too much fat in your body, or too much of anything else, it's *always* about needing MORE. Why do we feel we have to stuff ourselves? What's missing inside of us?

Dr. Duffy Spencer will explore this and more in this unique one-of-a-kind retreat. Come and learn what drives you to behaviors that wind up making you unhappy and 'clear the decks' to live the healthy and happy life that you truly want... and DESERVE!

For more information call 516-334-8985
or email us at DrDuffy@DrDuffy.com.

Dr. Duffy's Therapy Groups

- ♥ for Women:
Meets monthly on 3rd Wed of month
7:30 PM–9:00 PM
\$45 per session
- ♥ for Couples:
Meets monthly on agreed upon
meeting date for 1 1/2 hours.
\$75 per couple.

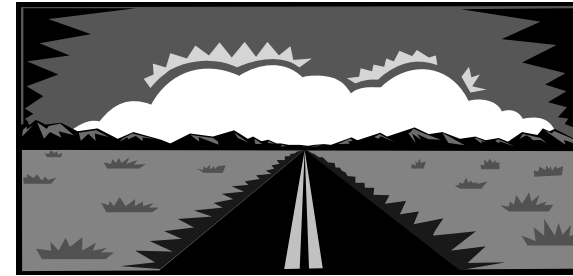
About Dr. Duffy Spencer

Dr. Duffy Spencer is a Social Psychologist, Certified Gestalt Psychotherapist, Certified Imago Relationship Therapist, specializing in self-esteem and positive life management. "Dr. Duffy" offers a unique perspective on how to achieve higher energy and reclaim your life force. She's the author of *SPICE: The Essential Ingredients for Effective Living*, the "Relationship Doctor" CD series and co-author of *Dealing With Difficult People* and *Leadership Strategists*. Host of WHPC's 90.3 FM radio show *Just Relationships**, Dr. Duffy's mission is to help people heal old hurts and build enjoyable and healthy relationships.

Founder of WINGS™ (Women In Network Giving Support), Dr. Duffy leads a woman's therapy group, a couple's therapy group, has a private therapy practice in Westbury and leads regular women's retreats.

*WHPC 90.3 FM Wednesdays at 3:30 PM, Fridays at 11:00 AM and Sundays at 9:30 AM

The Road to Happiness & Fulfillment: Lifelong Learning



With

Dr. Duffy Spencer

The Relationship Doctor™



Spring
2012

516-334-8985
DrDuffy@DrDuffy.com
www.DrDuffy.com

NASSAU COMMUNITY COLLEGE

- Self-Esteem 101: Don't Leave Home Without It
 - Win As a Couple and Be Lovers for Life
 - DeClutter Your Stuff: DeClutter Your Life
- Please call (516) 572-7472 or www.NCC.edu to register*

GARDEN CITY ADULT EDUCATION

- DeClutter Your Stuff: DeClutter Your Life
- Please call (516) 478-1070 to register*

WESTBURY ADULT EDUCATION

- Self-Esteem 101: Don't Leave Home Without It
 - DeClutter Your Stuff: DeClutter Your Life
- Please call (516) 874-1005 to register.*

BALDWIN ADULT EDUCATION

- DeClutter Your Stuff: DeClutter Your Life
- Please call (516) 377-9354 to register*

Win As a Couple and Be Lovers for Life

Do you crave a more passionate partnership? Would you like a truly intimate connection with your significant other? Do you need better communication skills? Do you want to avoid the well-worn track to separation or divorce?

The reasons why relationships get stale, stuck and slide into separation will be explored as well as ways to increase passion in your partnership. Skills needed for long term happiness will be practiced in a fun, safe and confidential environment. (COUPLES ONLY)

NASSAU COMMUNITY COLLEGE \$35 per person
Tuesday, April 10
6:30 PM - 9:30 PM

DeClutter Your Stuff:

DeClutter Your Life

Are you a clutterholic? Are you overwhelmed by clutter? Do you keep "things" for comfort... and then become uncomfortable with your piles of clutter? Is "stuff" getting in your way of being the person you want to be... the home you want to have and the life you want to live? This course will cover the reasons why we clutter, specific ways to deal with clutter, the emotional process of letting go, and the rewards we reap from getting rid of those things that no longer serve us.

NASSAU COMMUNITY COLLEGE (5 hour)
Saturday, March 24 \$45
9:30 AM - 2:30 PM

WESTBURY ADULT EDUCATION \$35
Tuesday, April 16
6:30 PM - 9:30 PM

GARDEN CITY ADULT EDUCATION \$25
TBA
6:30 PM - 9:30 PM

BALDWIN ADULT EDUCATION \$25
Wednesday, March 14
6:30 PM - 9:30 PM

DrDuffy@DrDuffy.com
www.DrDuffy.com
516-334-8985

Self-Esteem 101:

Don't Leave Home Without It

Self-esteem is the most important single variable that determines our success and happiness in life. Low self-esteem is very painful and often causes depression, missed opportunities and even physical illness. It is a prime factor in self-defeating behavior. Learn the causes of low self-esteem and how you can practice the three basic R's of self-esteem building. This workshop is about self-acceptance, self-confidence and forgiveness as a path to self-esteem. Learn to love yourself, achieve a better self-concept, and the courage to deal with life's many challenges. BRING LUNCH for NCC.

NASSAU COMMUNITY COLLEGE \$60
Saturday, March 10
9:30 AM - 4:00 PM

WESTBURY ADULT EDUCATION \$35
Wednesday, April 25
6:30 PM - 9:30 PM

BETHPAGE LIBRARY -

47 Powell Ave, Bethpage
Getting Rid of "Inner " Clutter:
The Stuff That Weighs You Down

February 29

7:30 PM

FREE!

(516) 931-3907