



Understanding Your Values

Brought to you by:

MOHR is all about:

Moving
On to
Healthy
Relating

- Self-discovery and exploration
- Improved self-esteem
- Self-empowerment
- Improved communications skills
- Breaking unhealthy relationship patterns
- Forming healthy relationships

*When your values are clear to you,
 making decisions becomes easier*

Roy E. Disney

Understanding Your Values is a 12-week workshop covering these topics:

Sessions	Topics
1	Weaving Webs of Distortion - Part I <i>(Understanding Our Interpretation Process)</i>
2	Weaving Webs of Distortion - Part II
3	Weaving Webs of Distortion - Part III
4	Change YOUR Mind – Part I <i>(Learning To Conduct A Reality Check)</i>
5	Change YOUR Mind – Part II
6	Value Priorities <i>(Internal Conflicts Due to Our Values)</i>
7	How Our Values Are Formed <i>(Internal Conflicts Due to Our Values)</i>
8	What Am I Doing This For? – Part 1 <i>(Understanding Our Need Filters)</i>
9	What Am I Doing This For? – Part 2 <i>(The Self Renewing Person)</i>
10	What Am I Doing This For? – Part 3
11	What Am I Doing This For? – Part 4
12	My Personal Profile <i>(A Summary Of This Quarter)</i>

Facilitator: Carrie Hansen, MA, MSW, LCSW-C

Columbia Location
 New Hope Lutheran Church
 8575 Guilford Road
 Columbia, MD 21046

Thursdays, 7:00 - 9:00 PM

Crofton Location
 Prince of Peace Presbyterian Church
 Fellowship Hall
 1657 Crofton Parkway
 Crofton, MD 21114
 Mondays, 7:30 - 9:30 PM

Registration and Assessment are required.

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