

Dr. Duffy Spencer
Thursday, April 2, 2020
7:30 PM- 8:30 PM

How Do I Relate to Others?

We all want good relationships and yet that can be elusive at times.

Take *Relationships 101* and learn the five different types of relationships:

Dependency, Independency,
Co-dependency, Counter-dependency,
and Inter-dependency.

Only *one* of them is healthy.

Self-esteem makes all the difference.

It is possible to build our self-esteem
and create healthy, happy

relationships (including the one we have with our 'Self!') Come and learn how.



Dr. Duffy Spencer, social psychologist, and psychotherapist specializes in self-esteem building and positive change management. She speaks, trains and teaches how people can reduce unnecessary stress and take charge of their lives. Author of *S.P.I.C.E., The Essential Ingredients for Effective Living*, the Relationship Doctor CD series, co-author of *Dealing With Difficult People* and *Leadership Strategists*, and is the host of her radio show "Just Relationships"*. Dr. Spencer counsels both individuals and couples in Westbury and holds regular women's retreats.

*WHPC 90.3 FM Wednesdays at 3:30 PM, Mondays at 12:00 AM

Summer / Fall 2020

*Please let Dr. Duffy know what topic
you would love to hear her talk about!*

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