

# Discover the Joy:

## What It Means To Be A Sensitive Introvert

Free!

March 31, 2014

6:30-8:30p.m.

Peg Gerns is a psychotherapist in private practice in Easton, PA. She has led workshops in Connecticut, West Virginia, Ohio and Pennsylvania. She is Adjunct Faculty at Moravian Theological Seminary in Bethlehem, PA.

The workshop will be held at Trinity Episcopal Church, Easton

**Peg Gerns, M.S.S.W., D.C.S.W., L.C.S.W.**

**Are you happier with just a few really close friends instead of a lot?**

**Have people told you that you are too sensitive or take things too personally?**

**Are you deeply moved by art, music and nature?**

**Are you a keen observer?**

**Do you need time to process new information?**

**These are situations that sensitive introverts have experienced often in their lives. In this workshop, you will learn why your feelings are normal and not a flaw in your character. You will learn new ways to deal with criticism in relationships at home, school and in your professional life.**

**Peg Gerns, M.S.S.W., D.C.S.W., L.C.S.W.**

**234 Spring Garden Street  
Easton, PA 18042**

***610-657-3657 to register***