



# THE PHOEBE NEEDLES CENTER

732 Turners Creek Road  
Callaway, Virginia 24067-5814  
540-483-1518 800-848-1677  
Email [PNCenter@gmail.com](mailto:PNCenter@gmail.com)  
[www.PhoebeNeedles.org](http://www.PhoebeNeedles.org)

## “BUSTING BAD THINKING HABITS”

November 12<sup>th</sup>, 2019



Dr. Andrea Miller will present “Busting Bad Thinking Habits.”

This will be an interactive workshop that will help increase awareness of thinking habits. The audience will learn specific strategies for replacing non-adaptive thinking habits with more adaptive thinking habits. The audience will also learn how to counteract innate negative bias with more positive, growth-based thinking which is associated with improved mood and motivation.

Andrea Miller received her Ph.D. in Counseling Psychology from Virginia Commonwealth University with a sub-specialization in Positive Psychology: Prevention, intervention, and health promotion through emphasizing positive development and growth. She has 8 years of experience teaching Undergraduate and Master’s level courses at Universities in Virginia and Georgia. Dr. Miller has published over 20 peer-reviewed articles and book chapters on topics of forgiveness, apology and reproach, and spirituality. She currently works in private practice in Roanoke, Virginia.



*Please join us for a great program, fellowship, lunch, and bring a friend!*

### “BUSTING BAD THINKING HABITS”

November 12<sup>th</sup>

(To register, please complete this form and return it with the registration fee to the Center by November 8<sup>th</sup>)

Name \_\_\_\_\_ Spouse/Guest \_\_\_\_\_  
(Please include the Rev., Dr., Mr., Mrs., Ms., Miss)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Daytime Telephone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Mobile Phone Number \_\_\_\_\_ Any special dietary accommodations? \_\_\_\_\_

**Please make your check payable to The Phoebe Needles Center, Inc.**  
Unless otherwise informed, The Phoebe Needles Center will consider your registration as permission to use your photograph if it appears in video or still photos including our web site unless otherwise requested.

## INFORMATION AT A GLANCE...

You are welcome to arrive at 9:30 a.m. for social time and coffee. The program will begin promptly in McCauley Hall at 10:00 a.m. Lunch will follow immediately after the program. Special parking for handicapped and those with difficulty climbing steps can be found behind the McCauley Hall. To make a reservation, please return the form at the bottom of the page, call the office at 540-483-1518, or you may also go to our website ([www.PhoebeNeedles.org](http://www.PhoebeNeedles.org)) to register and pay for the event using PayPal. Please make your reservations the Friday before the event. **The fee for non-members is \$18.00 and \$10.00 for members.** The fee includes the program and a lunch. Fee is non-refundable after the reservation deadline. Although we will try, we are not able to accommodate all needs relating to diet. Vegetarian entrees are available by request with advance notice. Pets are not permitted. Dress is casual. For more information, contact the Phoebe Needles Center. All buildings, rooms, and porch areas are smoke-free.



You may pay in advance using [PayPal](#) on our website: [www.PhoebeNeedles.org](http://www.PhoebeNeedles.org)



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