

# Coping with Guilt and Shame



*Presented by Ann Marshall, Ph.D. with Fr. Thomas Kiely*

Because we are imperfect human beings, we often fail, and we may find ourselves experiencing feelings of guilt and shame. These two painful emotions serve a useful purpose in our lives, but can cripple us if not handled in a healthy way. Come and learn how correctly managing your guilt and shame can help you to grow both psychologically and spiritually.

Ann Marshall has been a Clinical Psychologist in private practice for the past 30 years. A San Diego native, she attended 12 years of Catholic school before earning her B.A. and Ph.D. degrees in Psychology at UCLA. She is an active member of San Rafael Parish.

Fr. Thomas Kiely is Associate Pastor of San Rafael Parish.



**Wednesday, May 2, 2018 at 7:00 p.m.**

**San Rafael Parish Hall**

**17252 Bernardo Center Drive, San Diego, CA 92128**

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