



**SACRED  
HEART  
CHURCH**  
OCEAN BEACH

# *Interactive Learning Presentation*

## *Reduce Stress and Relax*

**10 AM Saturday, August 1, 2026**  
**Parish Hall - 2001 Sunset Cliffs Blvd.**



**Find Calm. Build Resilience. Improve Your Well-Being.**

August is National Wellness Month. Join us for an engaging presentation focused on utilizing practical strategies to help you navigate stress, manage emotions, and improve your quality of life and well-being.

### **Self Soothing Strategies**

Discover simple, effective coping tools to use in everyday situations—whether you're dealing with challenges at work, in relationships, or within yourself.

- Reduce stress reactions with coping strategies & tools
- Incorporate healthy activities and habits
- Use prayer to calm and center, making space for God
- Open the mind and heart with Meditative prayer (e.g., Rosary)
- Recognize when stress may become something more—and what to do next

Explore approachable, real-world techniques for those seeking balance, confidence, and control.

**Debbie Malloy, M.S., LPCC, RTC, a Sacred Heart parishioner:**

Debbie holds a BA in Art and Psychology with a minor in Education from Mundelein College (now part of Loyola Chicago), and an MS from UNC Chapel Hill, where she trained as a recreation therapist. She has worked across diverse settings, including psychiatric hospitals, community programs, academia, and has taught at community colleges and San Diego State University.

She later earned a second MS in Clinical Mental Health Counseling and is a Licensed Professional Clinical Counselor in California. Debbie maintains a private telehealth psychotherapy practice specializing in trauma, depression, and anxiety. Her work has been featured in *Counseling Today*, the American Counseling Association's national publication.



*Caring* FOR THE  
*Whole Person*

A ministry of Sacred Heart Church Ocean Beach  
CWP is a collaborative project of  
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