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Rev. Dr. Charlene Proctor offers tips, lessons

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(WJBK) - At such a joyous time of year, many metro Detroiter's find the holiday season sad time. How can we find joy when we are missing loved ones, have lost a job or can't pay our bills?

Rev. Dr. Charlene Proctor, author, researcher and educator, stopped by *The Nine* Tuesday to share her recent a series of videos called "Your Journey to Joy." These videos give bite-size lessons to help people find joy no matter what obstacles they may face.

Learn more online at www.charleneproctor.com .

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