



## *Skagit Family Study Center*

*Offers a weekly group for women seeking Self-Healing Tools*

### **WOMEN'S SACRED SPACE**



#### ***Learn to:***

- Trust your inner Wisdom*
- Understand impulse control*
- Face the fear of change*
- Refuse victim-hood*
- Choose self-respect not self-neglect*

**CALL TO REGISTER FOR THE GROUP:**

**360-542-6895**

***Thursdays***

**7:00 to 8:30 pm**

*Free Materials provided*

