

WOMEN'S SACRED SPACE



Skagit Family Study Center

Offers a weekly group for women seeking self-healing through spiritual, emotional, mental, & physical awareness



Learn to:

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

Thursdays

6:30-7:30 pm

Skagit Family Study Center

Contact Connie Bonner-Britt LMHC

360-542-689

\$20.00 per session

Materials are Free