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<b>SELFTIMEOUT SERVICES</b>		
Connie Bonnie-Britt, MA, LMHC and Chuck Britt, MA, LMFT		
<b>CONTACT INFORMATION</b>		
CONTACT ITEM	INFORMATION	NOTES
Telephone: Connie  Telephone: Chuck	<a href="tel:360-542-6895">360-542-6895</a>  <a href="tel:360-336-3882">360-336-3882</a>	<ul style="list-style-type: none"> <li>● Please leave you name and return phone number with EACH message.</li> <li>● If your message is urgent please state your need clearly. I may be out all day or out of town but I will return urgent calls as soon as I pick up the message.</li> <li>● If there is ANY DANGER please call 911 immediately or go to the ER.</li> </ul>
Email: Connie  Email: Chuck	<a href="mailto:connie@selftimeout.org">connie@selftimeout.org</a>  <a href="mailto:chuck@selftimeout.org">chuck@selftimeout.org</a>	Same as above.
FAX	866-492-5137	Please indicate clearly whether the FAX is for Connie or Chuck.
MAILING ADDRESS	Selftimeout Services PO Box 2052 Bellingham, WA 98227	For professional communication.
<b>EXTENSIVE FREE SUPPORT AND TOOLS</b> Our website for presenting the information you need to do successful self care, improve your communication skills, and improve your parenting skills. You can study what you are learning in therapy.	<a href="http://www.selftimeout.org">www.selftimeout.org</a>	Please feel free to call with questions.
Our website where we present ourselves to you and provide you with the information you need to contact us and to make decisions about your future. Where you can apply for services.	<a href="http://www.selftimeout.com">www.selftimeout.com</a>	Presents the mission, the therapeutic services provided by Chuck Britt and Connie Bonner-Britt and the history of Selftimeout Services. Also provides links to PAGES, Forms and Tools.