



Connie Bonner-Britt, MA LMHC  
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## CONTACT INFORMATION

MODE	INFORMATION	WHAT'S TO KNOW
<b>TELEPHONE</b>	<b>360-542-6895</b>	<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>• <b>If there is ANY DANGER please call 911 immediately or go to the ER.</b></li> </ul>
<b>FAX</b>	<b>866-492-5137</b>	Please indicate clearly whether the FAX is for Connie or Chuck.
<b>E-MAIL</b>	<b>connie@selftimeout.org</b>	All forms of communication present possible boundary and privacy dangers. Please be mindful.
<b>OFFICE ADDRESS</b>	<b>Connie Bonner-Britt, MA, LMHC 924 South 11th Street Mount Vernon, WA 98274</b>	At 11 <sup>th</sup> and Broad near the hospital on the hill in Mount Vernon. We are right across the street from Lincoln Grocery. The entry to the clinic is on the south side of the building. Look for the totem pole and the turtles.
<b>PARKING</b>		<p style="text-align: center;"><b>Please...Do not park at Lincoln Grocery.</b></p> <p>There is ample street parking on Broad Street, 11<sup>th</sup> Street, or 12<sup>th</sup> Street. Lincoln School allows our clients to park in their lot across Broad Street from our door after school hours. You can also use our spaces in back on the alley. <b>Traffic is dangerous. Please use crosswalks.</b></p>
<b>EXTENSIVE FREE SUPPORT AND TOOLS</b>	<b>www.selftimeout.org</b>	Presents free on-line confidential self-help services ready to assist you with your self-care, mood management and parenting.
<b>SKAGIT FAMILY STUDY CENTER.</b>	<b>www.selftimeout.com</b>	Presents the mission, services and products provided by Chuck Britt and Connie Bonner-Britt at Skagit Family Study Center.

SKAGIT FAMILY STUDY CENTER