



# **SELF CARE TOOL BOX**

***TAKE HOME  
REAL TOOLS THAT REALLY WORK***

**SELF  
FAMILY  
ROLES & RELATIONSHIPS  
PLAY  
CREATION  
WORK**

**SPEND AN HOUR EACH WEEK WITH MEN AND WOMEN  
WHO ARE MASTERING THE SKILLS  
TO CHOOSE A FULL LIFE.**

**CHUCK BRITT, MA, LMFT  
CONNIE BONNER-BRITT, MA, LMHC**

**WEEKLY  
EVERY WEDNESDAY 7:30 PM TO 8:30 PM  
\$ 20.00 PER WEEK  
OR \$60.00 FOR 4 WEEKS IN ADVANCE  
360-336-3882  
[www.selftimeout.org](http://www.selftimeout.org)**

**MATERIALS ARE FREE.**