



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**

MATERIALS ARE FREE.