

# 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**