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Connie Bonnie-Britt, MA and Chuck Britt, MA

## **CONTACT INFORMATION**

**Due to COVID-19 and Variants, since March 2020 we have done all our work via ZOOM.COM.  
We no longer have a physical location.**

CONTACT ITEM	INFORMATION / SUPPORT	NOTES
<p>Telephone: Connie</p> <p>Telephone: Chuck</p>	<p>360-542-6895</p> <p>360-336-3882</p>	<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>
<p>Email: Connie</p> <p>Email: Chuck</p>	<p><a href="mailto:connie@selftimeout.org">connie@selftimeout.org</a></p> <p><a href="mailto:chuck@selftimeout.org">chuck@selftimeout.org</a></p>	<p>Same as above.</p>
<p>Periodically, Connie or myself or together are likely to be preparing a Video or a Zoom gathering to present an important ideas regarding the Self Care and Parenting Tools.</p>	<p>Please email or call Connie or Chuck to get on the email list for announcements. (See above.)</p>	<p>See you soon. We look forward to learning together.</p>