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Connie Bonnie-Britt, MA, LMHC and Chuck Britt, MA, LMFT

## 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><a href="http://www.selftimeout.org">www.selftimeout.org</a>                      We have integrated the <a href="http://selftimeout.com">selftimeout.com</a> site with the <a href="http://www.selftimeout.org">www.selftimeout.org</a> site. The .com site is no longer with us. Most of its functions are integrated into .org.</p> <p><b>EXTENSIVE FREE SUPPORT AND TOOLS</b>                      Our website for presenting the information you need to learn effective self-care skills, more effective communication skills, and more effective parenting skills. You can study what you are learning in therapy. FREE</p>	<p>If you have any questions about the big changes in the site plan call                      Chuck AT: 360-336-3882  <a href="mailto:chuck@selftimeout.org">chuck@selftimeout.org</a></p>	<p><b>Now you can schedule sessions and pay Connie or Chuck at the newly integrated website.</b></p> <p><a href="http://www.selftimeout.org">www.selftimeout.org</a>                      Presents the mission and the therapeutic services provided by Chuck Britt and Connie Bonner-Britt and the history of Selftimeout Services. Also provides links to PAGES, Forms and Tools. Please feel free to call with questions.</p>
<p>PARENT'S NIGHT Online GROUP</p> <p><a href="http://www.selftimeout.org/parent-s-night-on-line.html">http://www.selftimeout.org/parent-s-night-on-line.html</a></p> <p>Here is where you can read about the history and culture of the group. You can call us with any questions.</p> <p>When you are ready to join, there is a form to fill out on the page and info on how to send it to Chuck.</p>	<p>360-336-3882  <a href="mailto:chuck@selftimeout.org">chuck@selftimeout.org</a></p>	<p>Since 1999 Connie and Chuck have been hosting the weekly FREE Parent's Night Group. Free to all community members we provide the parenting information at: <a href="http://www.selftimeout.org">www.selftimeout.org</a>, to all by answering any questions you might have about your parenting situation. We keep a friendly, emotionally safe and hard working group. This is a place you can find your functional authority and safe playfulness as a parent.</p>