MONTEREY BAY INTERGROUP PRESENTS



DEALINGS WITH FEELINGS WORKSHOP

This is an experiential class learning:

The difference between an emotion and a feeling.

How to judge yourself less harshly.

Finding tools for feeling our feelings.

Saturday, June 8th, 2:00 – 4:00 PM PDT

RESOURCE CENTER FOR NONVIOLENCE

612 Ocean Street, Santa Cruz, CA 95060

Snacks and beverages available ~ Limited seating

Contact Shari at shari@onepowermoment.com

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