DEALINGS WITH FEELINGS

ACA WORKSHOP

This is an experiential class learning:

The difference between an emotion and a feeling.
How to judge yourself less harshly.
Emoting is a positive thing.

Sunday, Dec 8th, 4:00 – 5:15 PM PST

Zoom #: 838 5141 4798 Passcode: Feels

https://us02web.zoom.us/j/83851414798

Please register for this class so that you can receive material ahead of time.

Contact Shari at shari@onepowermoment.com