



Spring IS coming...  
time to open  
your HEART!

Join us for  
**Co-Counseling Fundamentals**

Online class - Part 1

Co-counseling is a peer process that empowers you to **CREATE A LIFE YOU LOVE!** It offers you the skills and practice you need to:

- Recognize, honor, and safely release your feelings--key facets of emotional intelligence.
- Take life action steps which support the changes you choose.
- Celebrate and embrace your unique, multifaceted self.

**Online via Zoom (no Zoom experience necessary)**

**Six Sundays - from February 27-April 3**

**5:00 to 8:30 PM EST**

Tuition: \$150-\$200 sliding scale, based on ability to pay (scholarship help is available) Taught by Cat Sargent, (Co-Counseling International-USA commended teacher), and Kathryn Bass, apprentice.

Those who wish can continue with Fundamentals Part 2 in May & June

**To enroll, or to learn more about Co-counseling and the class, contact:**

Kathryn Bass (413)-586-8303 (or [kataroobass@gmail.com](mailto:kataroobass@gmail.com))