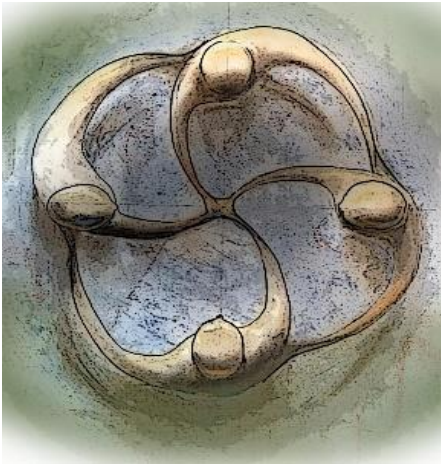


Join us for



# Co-Counseling Fundamentals Part I

In person! Concurrent with "Lights, Camera, Life Action" --  
**CCH-USA's Annual International Workshop**

Tuesday, May 9 to Sunday, May 14  
Wisdom House, Litchfield, CT  
Lodging and meals included

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 growth and changes you choose.
- Shift patterns of behavior that no longer serve us.
- Celebrate and embrace your unique, multifaceted self.

*Part 1 of Fundamentals will be taught at the Workshop. To complete Fundamentals, you must continue with Part 2, which will be taught via Zoom (likely Sunday evenings in May and June).*

*If you register before March 1, tuition for Part I is \$685 (includes a shared room and all meals) or \$760 (for a private room/shared bath). After March 1, tuition is \$710 or \$785.*

*Scholarship help is available if you can't afford the full fee.*

*Judy Hartling, Gaia Kile, and Cat Sargent will be the lead facilitators.*

**Free introductions to Co-counseling are available (via Zoom or phone)**

To learn more, or to enroll in the Fundamentals class, please contact:

Judy Hartling (judyahartling@gmail.com or 413-454-1585)

*Class size is limited -- contact us soon!*