



GO ASK ALICE

Co-Ed ONGOING SUPPORT GROUP

ARE YOU FEELING STUCK?

- ◆ Share and Explore what’s bothering YOU.
- ◆ Experience a safe, supportive, non-judgmental, helpful environment for healing and wellbeing.
- ◆ Learn how YOU create and influence your emotions and life experiences.
- ◆ Learn to Use TOOLS to understand, influence and positively change your emotional and life experiences.
- ◆ Learn healthy, effective ways to manage your stress, your time, your feelings and your life.
- ◆ Create clarity, purpose and inspiration. Make better life choices. Take positive action for real change.
- ◆ **Change Your Habits of Thought & Change Your Beliefs = Change Your Life. Remember Who and What You Are and Live From That Place.**
- ◆ This IS NOT a place where you vent and then go home feeling worse than when you came. This IS a place to learn to love yourself into wellness and wellbeing, both receiving and giving support in a safe, caring, non-judgmental environment, while learning and experiencing tools for healthy, effective living. **You are not alone; there is help here for YOU!**

Facilitator: Alice Buehring, CC

Location: Sky River Natural Health Center, 33405 US Hwy 2, Sultan, WA 98294

Day and Time: Thursdays from 7 PM to 9 PM (or so)

REGISTER NOW: call Alice at 360 793 4930 or sign up at Sky River NHC

Or email Alice at alice@lifeforcenatural.com – **space is limited, register early**

Cost: \$25.00 each night or prepay \$90 for 4 weeks

Group Begins: October 19, 2017

About Alice

Alice is a WA State Certified Counselor, Certified Healing Codes Practitioner, Master Herbalist, Energy and Spiritual Healer, Certified Life Coach, Certified Empathologist, Specialized Kinesiologist and Author. She is highly Intuitive and loves teaching and watching her clients positively transform their lives. She provides individual client sessions, groups, and classes. For more information, about Alice, her practice, or to read her blog or articles visit:



www.lifeforcenatural.com

