

The Clear 'Yes'

Choosing Yourself Without Guilt

April
14th-June
2nd ^{8:00}_{pm}

Hybrid
Available!

We will learn to make decisions from clarity; not overriding our own needs, values, and stay grounded with nervous system awareness — instead of fear, guilt, or habit.



Details:

- 8-week session on Tuesdays
- For Adults 18+
- \$75/session
- Facilitated by Angela Saafigueroa, LPC

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Register
Here



Heart of Amber
Therapy