

Are you ready to move forward in Courage, Self-Acceptance, Love and Compassion?

Are you ready to leave behind shame, guilt, blame and hurt?

Vanessa's Life Works®

Self-Empowerment Workshop

To be held on 8/10/18

9:00am to 12:00pm

(Optional: Create your Vision Board 12:00-1:00)

Amador County Behavioral Health

10877 Conductor Blvd suite 300~ Sutter Creek

Contact Vanessa Compton to Register ~ (209) 223-6315

~ Coffee and Conversation ~

~ Guidance and Support ~

~ Essential Skills for Owning and Mastering Your Life~



There is no cost for the workshop ~ seating is limited

Coffee and refreshments provided



~ Be not afraid of growing slowly; be afraid only of standing still ~