How to Live an Authentic & Tension-Free Life



Do you struggle:

- To let go of control in your relationships?
- To express your authentic self
- With fear of judgment or rejection?

Then join us for this workshop, facilitated by Jacqueline Ritz, LCPC to learn how to live your life more authentically you! This workshop will provide you with skills and strategies for building self-confidence, managing conflict, leaning into freedom, and reducing tension.

When: Thursday, March 10th, 6:30-7:30PM
Where: Virtually on Zoom
Who: Women Ages 18+
Cost: $10.00

Register at www.simplybeecounseling.net/events