

A serene forest scene with a waterfall cascading over mossy rocks, surrounded by dense green foliage and trees. The image is used as a background for the entire flyer.

*Join us for*

# The Transforming Act of Forgiveness

facilitated by SBH counselor  
**Chalice Bailey** MA, LMFT

***Help reduce anxiety and depression symptoms,  
reduce PTSD trigger responses, and increase  
self-esteem, self-acceptance, and self-love***

Meets Wednesdays in the **Kulshan Room**,  
2nd Floor, **1616 Cornwall Ave**

Starts Wednesday, **August 16<sup>th</sup>** and runs through  
Wednesday, **January 3<sup>rd</sup>** from **3:30-5:30 pm**  
for 5-Months/20 Weeks (no group Nov. 22nd)

*Please ask your counselor for an application*

 **Unity Care NW**  
*Health Care for Everyone*