

Considering Psychotherapy? PUZZLED?



Now you can find out what you need to know from a therapist.

April 13, 20, 27
7:00 pm

Join Celia Hartnett, a licensed clinical social worker in private practice, for conversations about psychotherapy. She will help you answer your questions about how to choose a therapist – what various credentials mean, should you pick a man or woman? What kind of therapy works best? How do you know if you're getting better? Is it time to stop?

These talks are designed to be informal and fun as well as informative. You are welcome to attend one, two or all three sessions. There is a \$20 suggested donation, or \$50 for all three. No one will be turned away.

Is it time to give yourself the gift of therapy? Find out while enjoying the inviting and relaxing environment at *Calm and Sense*, 2603 Glenwood Avenue in Raleigh. <http://www.calmandsense.biz>



CALMANDSENSE
REACH RELAXATION

Pre-registration is requested.

Call (919) 787-1799 to register or for more information.

For more information about Celia, visit www.celiahartnett.com.

A portion of the proceeds will be donated to the Red Cross Haiti Relief Fund.