

An Awakening Center

Awaken Your True Power
with Helaine Z. Harris, MA, MFT



818.782.6869
800.308.4372
healing@hzharris.com
Psychotherapy
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Classes • Private Consultation

P.O. Box 18722, Encino, CA 91316-8722 f: 818.994.9678 www.hzharris.com

2009 Holiday Schedule

Turning Holiday Blues into Bliss

Saturday, December 5, 2009 - 9:30AM to 1:30PM

That time of year is here where most people have **high expectations for the holidays** being filled with fun, love, and joy. Yet many experience the holidays bringing up sadness, aloneness, depression and painful memories from the past. Come and explore what brings you to misery and heaviness instead of excitement and joy for the holiday season. We will release the negative energy and reprogram your old **holiday patterns into positive**, more fulfilling new ones. Then you can **have a great holiday season!**

COST: \$33 or two people for \$49 by 11/28/09, \$44 after or two people for \$80

CEUs: 4

Winter Solstice Ritual - Create Your Dreams for the New Year

Monday, December 21, 2009 - 6:30PM to 10PM

Take the time in the middle of the holiday chaos to still yourself, reflect on the last year and **find what is wanting to be born this New Year**. This celebration marks coming out of the darkness and into the light, from conception into the gestation of our creations for birthing the New Year. Now is the time for all of us to focus on what we want to create for the New Year. Unlike resolutions which we often break by the third week in January, **Creation Goals** are there for us to work on throughout the coming year. Join us for this ritual celebration of **Giveaway the old and Creation of the new**. Please bring a Dish (appetizers) to share for our celebration.

COST: \$33 or two for \$49 by 12/15, at the door one for \$45 or two for \$66

CEUs: 3

For more information and to explore more opportunities, visit us at

www.HZHarris.com

or call (818) 782-6869

Helaine Z. Harris has been a Psychotherapist since 1980 and the past Education Director for ACEP (Association for Comprehensive Energy Psychology). Author of award-winning book *Are You In Love with A Vampire? Healing the Relationship Drain Game*. Part of The Red Cross Disaster Mental Health Team and creator of An Awakening Center™ - which blends traditional and alternative psychotherapies, Helaine is dedicated to assisting clients manifest their greatest potential.

Contact us via email!
healing@hzharris.com

Helaine Z. Harris
MA, MFT
License #MF 15327
#PCE 1397



Learn the keys to freedom and success!
Private consultations are available.

