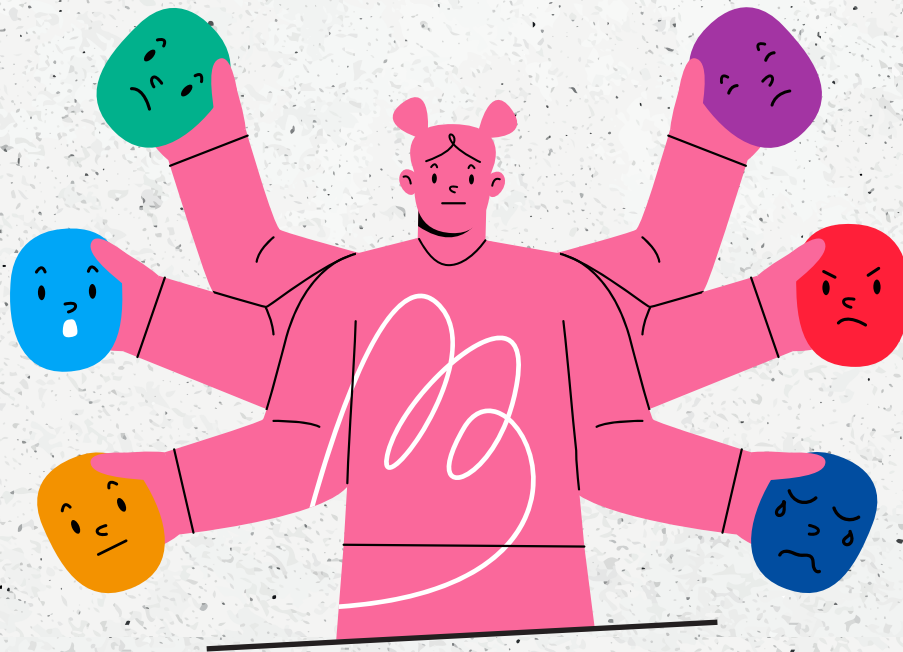


Difficult Emotions

Why We Hold On & How to Let Them Go

with **CINDY GUERRERO**



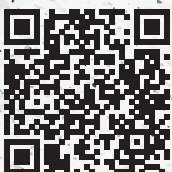
Summerlin
Library

1771 Inner Circle Dr.

Saturday ■ September 6 ■ 3 p.m.

Why do feelings of happiness, peace, and joy seem to pass so quickly, while anger, frustration, pain, and sadness linger?

We are often told to 'sit with your feelings,' but what does that really mean? Cindy Guerrero, Shaman, LCSW, RYT 200, will explore how to break it down, gain a deeper understanding, and approach our emotions in a way that promotes healing.



Free and open to the public.

Seating is on a first-come, first-served basis and may be limited.

For more information, please scan the QR code or call 702.507.3863.

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