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Center for Attitudinal Healing & the Arts

SUPPORT GROUPS

Wednesdays 2:00-3:30 p.m.

For location information contact the
Center for Attitudinal Healing & the Arts
2828 1/2 S. 3rd St. W
Missoula, MT 59804-1140
cahamt@gmail.com
406-214-5205

These are *Heart to Heart* groups, for people who want to work with the principles of Attitudinal Healing to find practical ways to let go of fear and experience inner peace.

The groups provide peer support and are led by trained facilitators.

Attitudinal Healing support groups meet weekly and offer peer support using the *[Principles of Attitudinal Healing](#)*.

The groups focus on the method of conscious empathic listening and sharing, which relies on participants' willingness to be present with others without judgment or advice giving as they share their experiences and find their own answers.

The *[Principles of Attitudinal Healing](#)* are considered tools for choosing forgiveness and experiencing inner peace.

They are practical spiritual principles used by thousands of people to practice letting go painful attitudes that block them from experiencing more peaceful, loving lives.

There are no fees for support group services. Donations are gratefully accepted.

Teach only love, for that is what you are. ACIM

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