



invites you to a special workshop led by Cedric Bertelli

**Emotional Resolution:  
Put an End to Anxiety and Recurrent Fears**

850 Del Ganado Road (Marindale), San Rafael  
Saturday, May 4th, 10:30-11:30

Parenting is challenging. Stress and frustration compound the hassle of hectic daily routines. The latest neuroscientific studies illustrate our brain's inherent ability to permanently clear disruptive emotional patterns. This workshop can help you:

- Lift the impact of past trauma
- Resolve negative emotional patterns, such as depression, worry or jealousy
- Reduce stress
- Reduce physical symptoms of chronic ailments.

This takes place during our regularly scheduled Playtime (for children 7 and under). Extra staff will be on-hand to supervise your child at Playtime.

For more info: [www.cedricbertelli.com](http://www.cedricbertelli.com)  
Questions: [kira.cordasco@gmail.com](mailto:kira.cordasco@gmail.com) or 415-269-5783