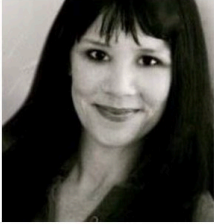


Your Teacher is Felicia Gill, CARC

Text Ms. Gill at (707) 243-8838 so she can reserve your seat in her class.



I am honored to walk with you along the journey of healing and wholeness.

I'm a survivor of childhood abuse. I didn't even remember it until my mid-thirties, yet I could look back and see that my whole life had been affected by it --- especially in the area of relationships.

I endured several abusive relationships in my twenties and thirties, including physical, verbal, emotional and psychological abuse. I was the constant caretaker of everyone except myself.

As I embarked upon the healing process, my internal loyalty to myself increased and then my relationships started getting progressively better. The more I learned how to not just survive --- but to **thrive** --- the better my choices were about who to allow into my life. Today, I am blessed to say that I'm married to fully emotionally-available and supportive partner.

I'm deeply committed to teaching others how to love themselves and how to become empowered.

I started out as an ARCS student and now I guide others through Emotional Healing, Relationship Skills and Coaching Certification. In fact, I teach "combo classes" in which all three of these skill sets can be learned together :)

That's my story, and I look forward to hearing yours.