



What the caterpillar
calls the end,
the rest of the world
calls a butterfly.

By Lao Tzu

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Welcome

To those attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Topics may vary at the meetings and your first meeting may be a topic which is not of interest to you at this point. Please plan to attend two or three meetings before deciding if TCF is of help to you.

Sept 8th meeting topic:

~ Dealing with outside pressures
(people who say it's time to get
over it)



Oct 13th meeting topic:

~ Guilt and Anger