



## ADDICTION & THE BRAIN

We all have repetitive patterns that may turn to avoidances, dependance, and addictions. Yet, what really is dependance or addiction? In this workshop, learn the difference between distractions and avoidances, and defense mechanisms from stuffed emotion related to dependance. In addition, participants will understand the Stages of Change (denial, contemplation, prep, action, maintenance, relapse) and how it relates to changing the brain/body connection.

This workshop is available at **no cost**.

To register, click [HERE](#).

### **Caryl Ward, CMHC, CFLE**

Caryl Ann Ward is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. She is conscious of the effects of the social environment and can help navigate life through therapeutic tools to improve life's satisfactions. Outside of the office she enjoys the outdoors, hiking, gardening, music, and spending time with her blended family of seven kids and two grandkids.

**January 18th**  
**2:00 p.m. - 3:00 p.m. MT**

Event Location:  
Online!



## ANXIETY GROUP

### ARE YOU DEALING WITH:

- ▶ Anxiety
- ▶ Nervousness
- ▶ Stress
- ▶ OCD (Obsessive Compulsive)
- ▶ PTSD (Post Traumatic Stress)

If you are experiencing any of the emotions listed above, we have a wonderful program for you! This program is a research based program that involves some class and group work that will give you the tools you need. The therapist that is running the program will also meet with you individually to set up a plan for you. Group members will better understand anxiety in a closed, confidential and structured program. Members will also gain understanding of their own personal target issue, triggers, and coping skills through DBT and CBT techniques.

5-Week Group on Mondays or Fridays  
**January 17th - February 14th (Mondays)**  
5:30 p.m. - 7:00 p.m. MT

or  
**January 21st - February 18th (Fridays)**  
12:30 p.m. - 2:00 p.m. MT

**Location: Online!**



## TECHNOLOGIES & FAMILIES TOGETHER ALONE

Is your family experiencing technology burnout after the holidays? Do you feel like your cell phone is causing control and conflict issues? You are not alone. In this workshop, you will learn about limits connected to your value system. Participants will also learn about precautions to watch for, how to address concerns about technology in adaptive ways, and develop a family plan and strategies to be take back your power to connect again!

This workshop is available at **no cost**.

To register, click [HERE](#).

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**January 4th**  
**2:00 p.m. - 3:00 p.m. MT**

Event Location:  
Online!