



## ANXIETY GROUP: TEENS AGES 14 - 18

### ARE YOU DEALING WITH:

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

This workshop is for teens ages 14 - 18 ONLY.

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

January 28th - March 28th (Mondays)

5:30 p.m. - 7:00 p.m. MT

**Location: Online!**



## BETTER PARENTING: Healing Your Inner Child Wounds

Are you running on empty? Does your parenting style reflect your own hurt from your childhood or have you healed? In this workshop, let's examine how your inner child 'hurt' is doing in adulthood. We will examine how to quiet the hurt and return to a full emotional tank to better ourselves and our relationships.

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.

**February 21, 2022**  
**2:30 p.m. - 3:30 p.m. MT**

Event Location:  
Online!



## DOING LOVE: REAL LOVE ENDURES

Join us for a fun and engaging discussion about why the happiest, healthy, productive lives understand **Real Love** and how to do it well. Grab your lunch and take time either with your valentine or spend time becoming the best you can for your valentine. In this hour, we will dive into what love is and how we can all love in meaningful ways. We will also discuss the importance of **Self Love** and why we need to love ourselves to truly love others.

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

To register, click [HERE](#).

### **Darren Johansen, CMHC**

a relationships specialist will discuss ways to establish and maintain happy, healthy, thriving relationships. He will also share the how to's of understanding proper boundaries and eliminating unhealthy, and unwanted relationships. Although this is not a couples only course some time will be spent on building marriage relationships. Darren has been married 28 years, been parenting for 25 years, and has a Master's degree in Clinical Mental Health Counseling.

**February 14th**  
**12:00 p.m. - 1:00 p.m. MT**

Event Location:  
Online!





## FINANCIAL FITNESS

Join us for a discussion about how we can thrive in life by making better choices with our time and money. By understanding and applying principles of stewardship, we live our best lives. In this workshop, participants will explore ways to make the most of what they have and ways to live a more abundant life. Participants will have greater appreciation for why Spending Plans aka budgets will bring peace to their lives.

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

To register, click [HERE](#).

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**February 9th**  
**12:00 p.m. - 1:00 p.m. MT**

Event Location:  
Online!



## STRESS SCIENCE: Healing Your Stress Patterns & Adrenals

Has stress left you burnt-out? Do you want to be more balanced with stress? You may want to rethink how stress shows up for you. This workshop will address how stress can build skills, guide us, challenge us, and help us understand our Fight or Freeze brain responses. Participants will also learn the brain/adrenal connection - understanding of facing difficult issues or relationships.

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

To register, click [HERE](#).

**February 7th**  
**11:00 a.m. - 12:00 p.m. MT**

Event Location:  
Online!

### **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.