



## PARENTING: ATTACHMENT

Attachment theory, originally developed by John Bowlby (1907–1990), is focused on the relationships and emotional bonds between child and caregiver that happen primarily from 0-3 years old. In this workshop you will learn from your own attachment patterns and how to improve your long-term relationships and attachment parenting style.

### **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.

**April 19th**  
**2:00 p.m. MT**

Event Location:  
Online!



## **MINDFUL FOCUS:** **THE SCIENCE BEHIND BREATHING AND RETURNING FOCUS**

Do you want to learn how to calm your mind by learning how to soothe your soul? Science has proven daily practice of mindfulness promotes physical health, reduces stress, increases concentration and mental clarity, and reduces depressive symptoms. This workshop will focus on mindful practices that promote being in the moment, breathing meditations, and getting still within yourself.

**Caryl Ward, CMHC, CFLE**

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**April 5th**  
**2:00 p.m. MT**

Event Location:  
Online!



## BUILDING THRIVING RELATIONSHIPS

Everyone has relationships: parent-child, sibling, husband-wife, supervisor-worker, co-worker, friends, extended family, and the list goes on. For this reason, this course is helpful for anyone wanting to build, strengthen, or re-build a relationship.

Great relationships are built with proper materials, tools, knowledge, and application. Both need to be constructed on a strong foundation requiring understanding, time, and personal integrity to name a few. This seminar will discuss ways to establish and maintain happy, healthy, thriving relationships. Darren will also share the how to of establishing and maintaining proper boundaries, eliminating unhealthy, and unwanted relationships. Although this is not a couples only course some time will be spent on building marriage relationships.

### **Darren Johansen, CMHC**

Darren has been married 29 years, been parenting for 26 years, and has a Master's degree in Clinical Mental Health Counseling. He is also a leading member of the National Speakers Association, and his passion is assisting others. His expertise includes finance, relationships, and supporting working professionals with any life challenge.

**Tuesday's**

**April 5, 12, 19, 26  
May 3**

**7:00 to 8:30 p.m. on Zoom**

**Sign up at [BlomquistHale.com](https://BlomquistHale.com)  
under "Workshops"**



## ADULT ANXIETY PROGRAM

In a 5-week program through Zoom, participants will go over each week's presentation and discuss past experiences. Some practice assignments and handouts may be given. Participants will better understand anxiety in a confidential structured program and gain an understanding of their own personal target issue, triggers, and coping skills.

Participants will need to join each session, for a total of five classes. All participants have the right to drop out at any point.

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

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**Monday's**

**April 11, 18, 25**

**May 2, 9**

**5:30 to 6:45 p.m. on Zoom**

All Adults 18+

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