



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.

This Anxiety Group is available at **no cost**.

To register, click [HERE](#).

5-Week Group on Mondays

Date: June 6th - July 11th

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

Location: Online!



ANGER AND IRRITABILITY PART TWO

Do you feel like you go from 0 to 10 without knowing how you got there? This workshop is part two to Irritability is Not My Style and Anger Management. Participants will learn how to discover possible root causes and apply long-term skills to reduce anger to achieve better control and happiness.

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.

June 7th
2:00 p.m. MT

Event Location:
Online!



TRUE INTIMACY: THE GLUE THAT BONDS RELATIONSHIPS TOGETHER

In a 4-week program, participants will deep dive into The 5 Areas of True Intimacy and the ways to strengthen relationships.

This Group is available at **no cost**.
To register, click [HERE](#).

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.

June 7th - June 28th
7:00 p.m. - 8:30 p.m. MT

Event Location:
Online!