



## RELATIONSHIPS AND MONEY

In a 3-week program, participants will dive into principles and our relationships with money.

### **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.

**Tuesdays**

**May 17, 24, 31**

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

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



## **PARENTING:** **ANGER AND EMOTIONAL MELTDOWNS**

As a parent are you at a loss with consistent angry meltdowns? Participants will understand root issues for behavior by addressing the child's needs without personalization. This workshop will address parenting tips for strong emotion, ideas on celebration and coaching emotional regulation for success with a WIN WIN.

### **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.

**May 17th**  
**2:00 p.m. MT**

Event Location:  
Online!





## LEVERAGE: A POWER TOOL FOR LIVING A GREAT LIFE

We all want to live life to the fullest. What is stopping you? Likely it is connected to Money, Time Management, and Mindset. Join us for an hour of Myth busting truths about Mindset, Minutes and Money. Gain greater appreciation for how we see these resources and how to Power Up our lives and be the best for the world and live great lives.

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**May 11th**  
**12:00 p.m. MT**

Event Location:  
Online!