



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.

September 6th - October 4th
7:00 p.m. - 8:30 p.m. MT

Event Location:
Online!

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.



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: Sept. 19th - October 17th

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

Location: Online!



PARENTING: Helping an Anxious or Highly Sensitive Child

Have you noticed increased worry and sensitivity in your child, especially after entering the new school year? In this workshop, participants will gain tools and education on how to coach through emotions and fears. Together you and your child/student will have skills to handle uncertainties by re-wiring the brain.

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

To register, click [HERE](#).

Caryl Ann Duvall, CMHC, CFLE

Caryl Ann Duvall 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.

September 20th
2:00 p.m. - 3:00 p.m. MT

Event Location:
Online!



GOAL SETTING: FOCUS & VISION

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

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September 6th

2:00 p.m. - 3:00 p.m. MT

Event Location:

Online!