



## FALLING BACK IN LOVE WHILE JUGGLING LIFE

No matter the stage of life you are in, love is a funny thing and it doesn't just happen. Join in to this workshop to gain tips and ideas on how to keep the fire burning while juggling what life throws at us. You will learn about Love Sense by Sue Johnson, and the meaning of love through researched science. Furthermore, we will discuss how to prevent unhealthy patterns that lead to disconnect and mistrust, and return to emotional risks that lead's to a healthy balance.

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.

**October 25th**

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

Event Location:

Online!



## PARENTING: The Bullying Epidemic

Have you, your child, or family been affected by bullying? Are you a teacher or caregiver that deals with bullying directly? Bullying and aggression have become a common household topic and demanding problem in recent years. In this workshop, we will discuss three types of bullying (cyber, school and home). Participants will learn about root issues and prevention - from parenting attachment to understanding peer orientation. Come together to discuss ways to improve bullying in our schools and homes.

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

To register, click [HERE](#).

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**October 11th**

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

**Event Location:**

**Online!**