

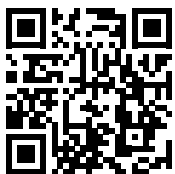


WELLNESS PART II: MAINTAINING AN ANXIOUS FREE LIFE

In this workshop, participants will gain knowledge of how to manage and maintain anxiety through skill building that rewires the brain for longevity. Furthermore, participants will gain reprocessing skills and understand exposure and trauma therapy that can assist in reducing or even eliminating anxiety disorders such as OCD, PTSD, and Phobias.

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.

December 13th

4:00 p.m. - 5:00 p.m. MT

Event Location:
Online!