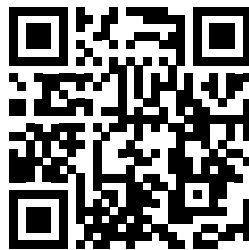


## ANXIETY GROUP

### 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. (16–18-year-old can attend if accompanied by an adult/parent).

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

To register, click [HERE](#).

5-Week Group on Mondays

**Date: Jan. 16th - Feb. 13th**

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

**Location: Online!**

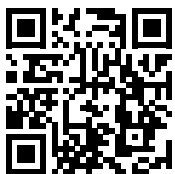


## HOW TO GET THE BEST OUT OF YOUR THERAPY SESSION

Going to therapy can be an extremely vulnerable experience. Yet there is way to ease your worries. No matter the age, individual, couple or family therapy session, participants will gain a better understanding of the therapy process in this webinar. The presenter will guide you through the process of an in person, zoom or phone therapy session so you can be better prepared for a satisfying experience of Blomquist Hale's services.

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.

**January 10th**

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

Event Location:  
Online!



## MONTHLY DIVORCE/SEPARATION SUPPORT GROUP

This adult support group is open to those who want to thrive through separation, post-divorce, or re-married. This workshop will be led by a Blomquist Hale professional counselor as an open confidential support group with educational properties. Some subjects that will be discussed will include: grief, coping with change, shame resilience, dating again, re-marriage, co-parenting, step-parenting, trusting again, and other topics that arise. This will be an ongoing group so participants can join when needed.

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



3rd Thursday of Every Month

**Date: January 19th - December 21st**

**Time: 6:30 p.m. - 8:00 p.m. MT**

**Location: Online!**