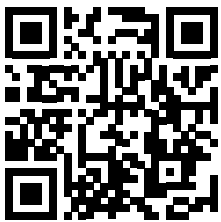




WOMEN IN THE WORKPLACE

Participants will learn be able to identify at least 5 (or more) challenges that women in the US currently face in the workplace. In addition, they will be able to verbalize why diversity and equality in the workplace benefits businesses and society as a whole and be able to identify three (or more) strategies that women (and men) can take to level the playing field. This workshop is available at **no cost**. To register, click [HERE](#).



Sabine Weil, CMHC

Sabine Weil is a CMHC living and exploring in Utah. She graduated with a bachelor's degree from the University of Arizona then continued with her education to obtain her Master of Counseling from the University of Phoenix. Sabine is trauma certified and feels most comfortable working with individuals or families who are experiencing any variety of problems – from relationships issues to anxiety and/or depression to stress management or trauma. She has worked for many years helping people who struggle with substance abuse and other addictions. Most recently working with children and adolescents in school environments. Her favorite clientele are individuals, couples, and families. However, she views herself as a golden retriever meaning she is happy to work with everyone! Sabine has a deep regard and respect for the individuals she works with and believes that her job as a therapist is simply to be a catalyst in her clients own healing.

March 13th

12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



PARENTING YOUR ADULT CHILDREN

Parenting grown children has changed. Do you wonder if you are doing what is needed for your grown children? In this workshop we will explore the top '10 Things to Know' with parenting adult children even if they are at home or out of the house.

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.

March 14th
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.

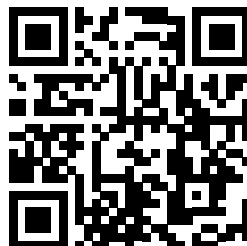
This Divorce/Separation Group is available at **no cost**.
To register, click [HERE](#).

3rd Thursday of Every Month

Date: January 19th - December 21st

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

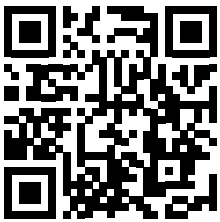
Location: Online!





CONCIENTIZACIÓN SOBRE LA SALUD MENTAL

Superar el estigma de la salud mental y saber cuándo debe buscar ayuda profesional. Aprender algunos consejos para ayudarlo a comenzar a cuidarse a sí mismo. Este taller está disponible gratuitamente. Para registrarse, toca [AQUI](#).



Kory Wilson, CMHC

Kory recibió su maestría de consejería de la universidad de Idaho State. Disfruta ayudar a la gente a alcanzar su potencial al usar un enfoque de terapia integrativa. El usa una técnica enfocada en el cliente, soluciones, y terapia de conducta cognitiva para ayudar a sus clientes a sanar, tomar responsabilidad personal, y superar errores en sus pensamientos. Trabaja en construir una relación con sus clientes para que estén más receptivos a aprender habilidades de afrontamiento. El cree que todas las personas ya tienen la fuerza innata y desarrollada y solo necesitan ayuda para destaparla y enfocar sus esfuerzos en una dirección positiva. Kory apoya a las personas a silenciar sus pensamientos, enfocar en sus fortalezas, y ser más conscientes de sus pensamientos y comportamientos mal adaptivos. Mi cita favorita es "tú puedes hacer cosas difíciles. Todos son capaces de hacer cosas difíciles y superar obstáculos en sus vidas. Sus especialidades son, el estrés, ansiedad, matrimonio, familia, amor-propio, depresión, afrontamiento con cambios en la vida y el dolor y pérdidas.

Marzo 29
7:00 p.m. - 8:00 p.m. MT

Ubicación del Evento:
Por Línea!