

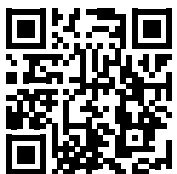


PARENTING YOUR ADULT CHILDREN: PART II

Are you struggling with ideas on how to parent an adult child? Parenting grown children has rapidly changed. Last month we discussed the top '10 Things to Know' with parenting adult children. In this workshop, we will explore the next steps to providing support in a helpful way. Let's brainstorm on how to coach and challenge success with our grown adult children!

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.

April 11th

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

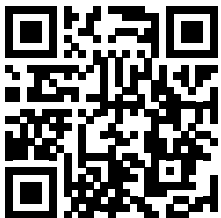
Event Location:
Online!



WHAT'S THE DEAL WITH OPIATES?

You've probably heard a lot about the Opiate Crisis in the news recently. This workshop dives into why opiates are such a concern, including what makes them so addictive and systematic issues have led to a crisis. We will talk about treatment for opiate addiction as well as changes you can make in your very own home to help reduce risk of opiate misuse.

This workshop is available at **no cost**. To register, click [HERE](#).



Glen Merrell, LCSW

Glen is a Licensed Clinical Social Worker who has experience in treating opioid dependence and addiction. Glen received his bachelors in family studies at Brigham Young University and continued his education at Utah State University where is received his master's in social work. Glen has additional experience in substance abuse and how it affects all aspects of life. He enjoys working with those trying to balance everything in their lives, whether they are teens or adults. By using analogies and examples, Glen helps people understand what they are going through, which, in turn, will help them understand the complexities of their thoughts and emotions.

April 26th

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

Event Location:
Online!

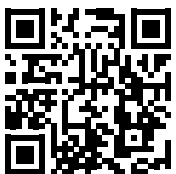


NEW WAYS TO SEE AND TREAT ADDICTIVE BEHAVIOR

If you are wondering how to reduce, replace, and reset an addictive habit that you or a family member is struggling with, this workshop will be helpful. This workshop will explore ways to understand the science of dependency, dopamine behavior, and how to replace old myths - In order to change addictive behaviors for long lasting success.

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

To register, click [HERE](#).



Caryl Ann Duvall, CMHC, CFLE

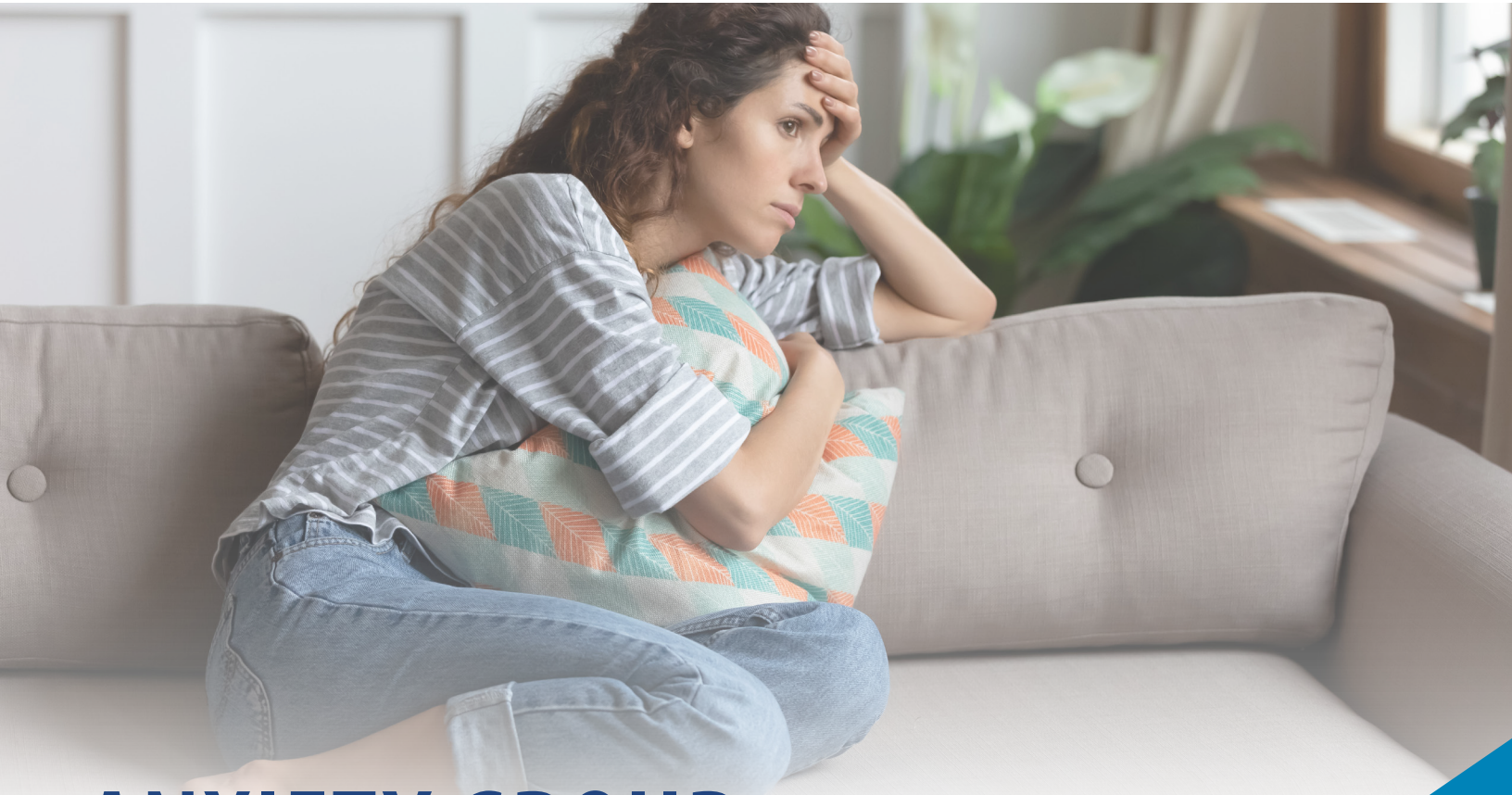
Caryl Ann Duvall is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. 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.

April 17th

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

Event Location:

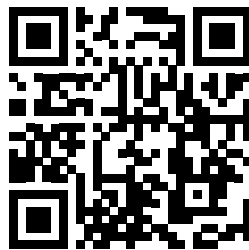
Online!



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: May 8th - June 12th

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

Location: Online!