



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!

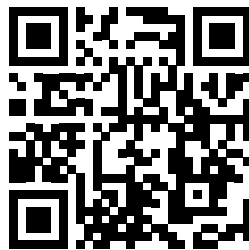




ANXIETY GROUP

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!



RESOURCES & SUPPORT FOR SUBSTANCE ABUSE

Information on available resources and tools for substance abuse for those using and those who care about them.

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

To register, click [HERE](#).



Elizabeth Brummett, *MSW, LCSW*

Elizabeth received her bachelor's degree from Weber State University, her master's degree from the University of South Carolina, and her doctorate degree from Walden University. In addition, Elizabeth has certifications in SAP. She has experience in play therapy, family therapy, parenting, grief, and Autism Spectrum Disorder. Elizabeth enjoys working with children, parents, families, older adults, and anyone seeking genuine support/help. She enjoys working with each client on identifying what they would like to gain from counseling and how she can best help them meet their goals.

May 24th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



WOMEN'S MENTAL HEATH 50+

This workshop will cover issues women face that are over 50. Participants will learn new ideas and coping skills to improve their mental and physical health - form a better identity of self, and relationships with others.

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.

May 15th

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

Event Location:
Online!