



THE BATTLE WITH FEAR

Do you battle with personal conflict that leads to fear? Internal conflict can rob our energy. In this workshop, we will review steps to becoming more resilient in managing anxiety, brain chemistry, and balancing your energy to give you ease and a healthy mind. These steps will also be relatable to your relationships, parenting, and families.

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.

August 28th

1:00 p.m. - 2:00 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!

