

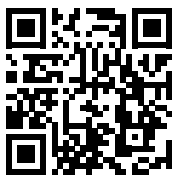


PRE-MARITAL: RELATIONSHIP IN'S AND OUT'S

Are you in the beginning stages of a committed relationship or dating? Sometimes it is difficult to recognize destructive patterns through healthy love and not blinded love. In this workshop, the presenter will relay tips to make relationships successful and balanced without losing your own values. Furthermore, participants will get to know your compatibility potential and how to find premarital happiness.

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, integrated medicine for mental health, anger management, substance abuse, anxiety coping skills, and parenting skills. She is trained in trauma focus practices and family systems. 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 four grandkids.

October 20th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



RELATIONSHIP BOOT CAMP

Are you ready to attend a 5-week program packed with the latest research to improve connection, understanding, and satisfaction in your relationship? Each week participants will build a scientific foundation to improving your relationships by learning practical skills and practice. You will enjoy this hands-on workshop no matter what stage of life you are in.

► **Week #1: Couples 101**

Basic understanding of research and how to find the foundation of your relationship.

► **Week #2: Essential Tools**

Step by step ways to improve your connection and communication.

► **Week #3: Value Your Values**

Focus on values that you share & understand the ones you don't

► **Week #4: Staying in Your Lane**

Understanding your roles and family of origin for healing.

► **Week #5: Falling in Love Again**

Relearn and install healthy patterns so you can focus on repair & renewing your connection and trust.

5-Week Group on Mondays

Date: October 23rd - November 20th

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

Location: Online!



HOW TO MAKE THIS 5-WEEK PROGRAM A SUCCESS

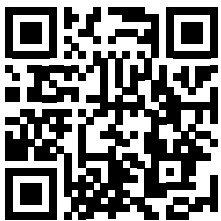
- Please attend all 5 weeks, this will not be recorded to watch later.
- Please attend the zoom meeting in a private confidential place with no distractions (no children, cell phones, etc.)
- If you can, please be together as a couple.
- Understand that participation is key, and there will be suggested assignments to do during the week.
- Attend with an open mindset to learn, grow and have fun!



BOUNDARIES IN THE WORKPLACE

Boundaries in general can be tricky to navigate. There are many reasons why we need to set limits to achieve balance. In this workshop, participants will gain understanding on how to improve assertive behavior and how to state your needs in the workplace for better workplace satisfaction.

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.

October 26th

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

