



HEALING TRAUMA 101

This workshop will discuss treatment options and how trauma can be healed in the mind, body and soul. The types of traumas that will be discussed include complex PTSD, generational, betrayal, medical, and developmental. Participants will gain a better understanding of their treatment needs in hopes of a balanced and wholehearted way of living in the future.

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

To register, click [HERE](#).



November 6th
4:00 p.m. - 5:00 p.m. MT

Event Location:
Online!

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.



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!

