



## 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!**





## SUPPORTING LOVED ONES WITH ADDICTION

It's hard to know what to do when a loved one struggles with addiction. Addiction doesn't just affect the addict; it impacts those who are closest to them as well. So what should you do? How can you help while still protecting yourself? This workshop will educate you about addiction and will include strategies for how you can support your loved one while still caring for yourself.

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.

**December 18th**

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

**Event Location:**

**Online!**