



## EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is the ability to perceive, use, understand, manage, and handle emotions and can recognize their own emotions and those of others.

► **Week 1 - Emotions 101**

Become an expert at primary and secondary emotions and what's really going on.

► **Week 2 - Emotions and the Body**

Learn mindfulness, a growth mindset, and how to be more present without judgement.

► **Week 3 - Tricks and Skills**

Learn to become more emotionally regulated inside and out.

► **Week 4 - Ten Characteristics of Emotionally Intelligent People**

Learn these characteristics to improve your overall mental health.

► **Week 5 - Practice**

Learn how to improve balance, resistance, and relationships through emotional management.

5-Week Course on Mondays

**Date: Feb 26th - Mar 25**

**Time: 5:30 p.m. - 6:30 p.m. MT**

**Location: Online!**



This Anxiety Group is available at **no cost**.

To register, click [HERE](#)



## MANAGING YOUR MOOD DURING WINTER MONTHS

It's that time of year again. The sun is setting early. The weather is getting colder and colder. For many of us, getting through our long, cold, dark winters isn't easy. Join us to learn ways to manage your mood during these cold winter months.

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.

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

**Event Location:**  
**Online!**



## WHY IS FOOD MY CONSTANT ENEMY

People with poor body image are more likely to develop an eating disorder. Eating disorders affect people of every age, race, gender, sexual orientation and socioeconomic background. Let's change the narrative around the way we view our bodies, talk about our bodies, and treat our bodies.

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**February 15th**  
**12:00 p.m. - 1:00 p.m. MT**

**Event Location:**  
**Online!**