



## MONTHLY DIVORCE/SEPARATION/SINGLES SUPPORT GROUP

This adult support group is open to those who want to thrive through separation, post-divorce, re-married or single. 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: March 21st - December 19th**  
**Time: 6:30 p.m. - 7:30 p.m. MT**

**Location: Online!**





## SELF-LOVE

Do you struggle or want to improve your self-love? Self-worth, self-talk, self-grace and self-concept - it all can be overwhelming. In this workshop you will gain knowledge of what self-love looks like and how to access your full potential of a whole self.

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

To register, click [HERE](#).



**March 25th**  
**12:00 p.m. - 1:00 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.