



ANXIETY GROUP

▶ **Week 1 - Anxiety 101**

What is anxiety all about? Why do we experience it and when is it problematic? Find out how DBT skills may help you manage your anxiety over the long term.

▶ **Week 2 - Relaxation & Distress Tolerance Skills**

Reduce your stress response. You'll learn what to do and when to implement relaxation strategies to help you feel less stress and tolerate tension in your daily life.

▶ **Week 3 - Mindfulness Matters!**

Learn the three states of mind we use to think and act- Wise-Mind Model . You will also be introduced to a practical application of using mindfulness techniques in identifying anxiety triggers and how to deal with self-judgments.

▶ **Week 4 - Regulating Emotions/Checking the Facts**

Your thoughts are very powerful because they influence both how you feel and your behavior. While we can't "shut off" your thoughts, you will learn techniques to gain a greater influence over how thoughts and beliefs affect you while understanding thinking errors.

▶ **Week 5 - Problem Solving & Exposure**

"Avoid avoidance" is a powerful way to engage in behaviors that trigger anxiety. Avoidance will make it worse as this leads to suffering. Learn about exposure and how to manage your day to day.

5-Week Group on Mondays

Date: April 15th - May 13th

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

Location: Online!

This Anxiety Group is available at **no cost**. To register, click [HERE](#)



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!