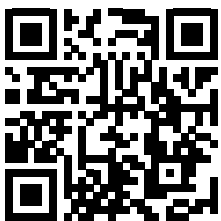




5 HOURS OF MAGIC: HOW TO ENSURE A SUCCESSFUL MARRIAGE

Dr. John Gottman, revered marriage expert, reveals how spending an extra 5 hours per week investing in your spouse can lead to a more fulfilling marriage. He calls it the 5 Hours of Magic. Please join us as we identify and explore how these simple, yet intentional, actions can enrich your marital union and bring greater joy to your lives.

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



Donna Hill, LCSW

Donna attended Brigham Young University for her undergraduate degree. She then completed her master's at the University of Utah. Donna feels most trained in working with substance abuse, relationship issues, trauma, anxiety, depression, and marital therapy. She enjoys working with all types of individuals with all kinds of needs. Donna possesses excellent skills in empowering individuals to overcome personal obstacles and loves working with people of all different backgrounds and needs. When Donna is not working, she enjoys spending time with family and friends, international travel, baking, and reading.

May 12th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



INSPIRATIONAL LEADERSHIP IN OUR MANY ROLES

You don't have to be 'the boss' to lead. Life presents many opportunities to inspire and persuade others. In this workshop, we will explore the fundamentals of leadership attributes and skills that we all need to be effective leaders.

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

To register, click [HERE](#).



Presented By: Darren Elkins, LMFT, Clinical Director

Darren received his master's degree in Marriage and Family Therapy from Utah State University. He also holds two bachelor's degrees from the University of Utah in Psychology and Family & Human Development. He served on the Utah Association of Marriage and Family Therapy board. Darren has a wide range of experience in workplace issues, leadership training, marital therapy, assessment and referral for drug and alcohol services, presented at various conferences, and served on the Utah Association of Marriage and Family Therapists Board.

May 21st
12:00 p.m. - 1:00 p.m.

Event Location:
Online!