



FINANCIAL WELLNESS: Navigating Stress, Budgeting, and Healthy Habits

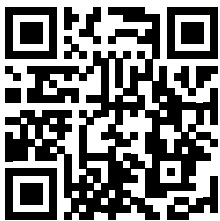
Participants will learn how to deal with financial stress, discuss finances with your significant other, budgeting ideas/tips and how to pay off debt. We will also be addressing spending triggers and healthy money habits.

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

To register, click [HERE](#).

July 15th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



Presented By: Justin Olsen, LCMHC

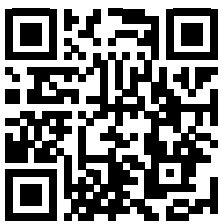
is a therapist at Blomquist Hale who has done many presentations throughout his career. Justin focuses on educating, supporting and empowering all participants in this course. His goal is to help participants take control of their life and how they feel.



ROAD RAGE

Participants will learn what causes road rage, coping tools for anger and rage when on the road, de-escalation techniques for when you are coping with someone in a rage, and coping with anxiety on the road.

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



Elizabeth Brummett, LCSW

Elizabeth received her bachelor's degree from Weber State University, her master's degree from the University of South Carolina, and her doctorate degree from Walden University. In addition, Elizabeth has certifications in SAP. She has experience in play therapy, family therapy, parenting, grief, and Autism Spectrum Disorder. Elizabeth enjoys working with children, parents, families, older adults, and anyone seeking genuine support/help. She enjoys working with each client on identifying what they would like to gain from counseling and how she can best help them meet their goals. In her spare time, she enjoys reading, baking, and spending time with family.

July 23rd

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

Event Location:
Online!