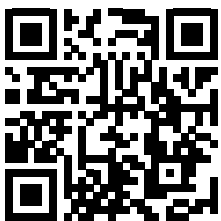




GRIEF - THE DANCE OF LOSS

Participants will learn the different types of grief and gain insight into the grieving process. Additionally, they will learn what is considered healthy grieving, different ways we mourn our losses, coping skills, and how to support others in their grief. 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.

October 22nd

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

Event Location:
Online!



SHAME RESILIENCE

Shame resilience refers to the ability to cope with and recover from feelings of shame, enabling individuals to navigate these emotions in a healthier way. Developed by Brené Brown, shame resilience teaches a person to recognize and understand the triggers of shame, cultivate critical awareness of societal messages about worth, reach out for support from others, and learn to articulate feelings of shame. By fostering these skills, individuals can transform shame into an opportunity for growth, strengthen their relationships, and develop a deeper sense of belonging and authenticity. This workshop is available at **no cost**. To register, click [HERE](#).

Kelli Pierce, ACMHC, NCC

Kelli Pierce earned her BS from the University of Utah in Human Development & Family Studies. She later earned a MA from the University of the Cumberlands in Clinical Mental Health Counseling. Her areas of interest span a wide range of issues, including substance abuse, trauma, grief, life & faith transitions, shame, depression, & anxiety. Additionally, Kelli has experience working with severe mental health conditions such as schizophrenia, bipolar disorder, and dissociative disorders. Kelli is passionate about working with adults of all ages and is also open to engaging with children and adolescents.

October 30th

2:00 p.m. - 3:00 p.m. MT

Event Location:

Online!

