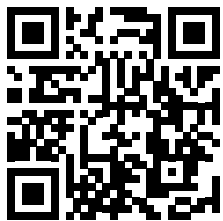




BIO-PSYCHO-SOCIAL MODEL

Presented by LÉVO Mind Care, Participants will learn how the Bio-Psycho-Social model all works together to create of mental health. We will look at what a regulated nervous system pattern looks like, and discuss what to do when it becomes unregulated. We will also touch on the benefits of movement in mental health and the big role it plays in our wellbeing. This workshop is available at **no cost**. To register, click [HERE](#).



November 7th

10:00 a.m. - 11:00 a.m. MT

Event Location:
Online!

Presented By: Andrea Beckstrom
LÉVO Mind Care

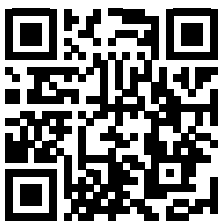


LÉVO[™]
A MIND CARE COMPANY



LOVING YOURSELF

This workshop is designed to provide participants with the tools and insights they need to cultivate a more loving and compassionate relationship with themselves, enhance their interpersonal relationships, and navigate life with greater confidence and authenticity. This workshop is available at **no cost**. To register, click [HERE](#).



Regina W. Hood, LCMHC

Regina has over 15 years of experience in the mental health field. Regina believes in meeting the clients where they are and with her love, compassion for people, and energetic personality, she assists in meeting the client's needs holistically. She earned her undergraduate degree in psychology at Mississippi University for Women (2003). She also earned a Master's in Mental Health Counseling from Walden University (2012). Her work experience includes over 10 years of working with children and families as a family advocate and servicing families with children with disabilities.

November 12th

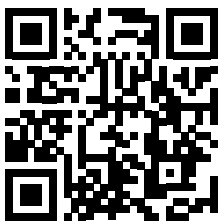
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



MANAGING HOW YOU EXPERIENCE THE HOLIDAY SEASON

This workshop will focus on how you can manage your expectations and perspective during the holiday season. You don't need to feel miserable! Realistic discussion of how to proactively prepare for likely triggers, take care of yourself, and set boundaries. This workshop is available at **no cost**. To register, click [HERE](#).



Tammy Varco, CMHC

Tammy is a licensed Clinical Mental Health Counselor. She received her master's degree in psychology from Antioch University Seattle, and her bachelor's degree in psychology from BYU. She is certified as a therapist for domestic violence survivors. Tammy's experience has included work with adults who have severe and persistent mental illness, survivors of domestic violence, and children and adults who have experienced child abuse and neglect. Tammy also has several years of experience helping those who seek relief from anxiety and depression. Tammy utilizes Cognitive Behavioral Therapy and a strengths-based, solution focused approach. Tammy especially enjoys helping people identify coping skills, manage emotions, and overcome self-defeating beliefs.

November 13th

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

Event Location:
Online!