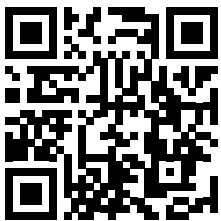




GRIEF SERIES: How to Support Others in the Workplace in a Culturally Sensitive Way

Learn about how grief impacts a workplace, unique and taboo forms of grief and how to navigate them, boundaries to consider, cultural considerations, and how to be culturally sensitive.

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.

April 9th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



RELATIONSHIP WORKSHOP

CREATING EMOTIONAL DEPTH

These strategies help individuals develop strengths so they can bring their best selves to their relationships. This change group focuses on proven techniques derived from the best researchers and therapists in the field of relationship growth, maintenance and improvement. This group is available at **no cost**.

To register, click [HERE](#).

- ▶ **Take Preventative Action**
Learn to be proactive, to avoid escalating issues.
- ▶ **Argue Practically**
Learn to repair or leave disputes, avoid inappropriate anger.
- ▶ **Apologize Effectively**
Become a skilled communicator.
- ▶ **Learn Acceptance**
Each partner's views are valid.
- ▶ **Plan for the Best**
How to be great friends.

5-Week Course on Wednesdays

April 23rd - May 21st
6:00 p.m. - 7:30 p.m.

Location: Online!