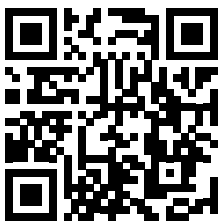




GRIEF SERIES: Coping Skills and Healthy Mourning Rituals

Learn about healthy coping skills for grief, healthy rituals for mourning, why mourning is healthy, and different ways that people express 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.

June 18th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



FOCUSING ON THE POSITIVE - THE POWER OF POSITIVE ATTITUDE

Learn practices to find the good in your life and manage life stressors. Participants will learn techniques from Cognitive Behavioral Therapy and Acceptance Commitment Therapy - applying principals from the book Solve for Happy.

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



June 26th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!

Sarah Webber, CSW

Sarah is a CSW who completed her Master of Social Work from Weber State University. She has experience in anxiety, cognitive behavior therapy, and trauma focused cognitive behavior therapy. Sarah enjoys working with teenagers, young adults, and women on issues specific to women. She enjoys getting to know her clients and helping them identify their value and individual worth. In Sarahs free time she likes spending time outside hiking with her dog Ranger, baking, crocheting and spending time with family and friends.