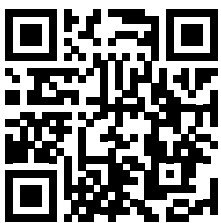




## GRIEF SERIES: How to Support Others at Home

Learn about how grief can impact families, how to make home a safe space for grief, how to practice good self-care, and how to build good communication about grief in your household.

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.

**August 7th**  
**12:00 p.m. - 1:00 p.m. MT**

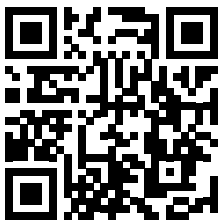
Event Location:  
Online!



## THE ART OF KEEPING YOUR COOL

"The Art of Keeping Your Cool" is about noticing what happens in your brain and body when emotions start to take over. Key players like the amygdala, hippocampus, and prefrontal cortex work together behind the scenes, shaping how we feel, remember, and respond. We'll explore simple tools — and why they work — to help you stay cool, stay present, and take control when it counts.

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



### Angie Dean, LCSW

Angie attended Utah Valley University and received her Bachelor of Social Work with a minor in advance substance use counseling. She then continued her education by pursuing her MSW at the University of Utah. With her role as a crisis worker, she has worked with all different types of diagnosis. However, what Angie finds most fulfilling is when she can help individuals and families align their goals and perspectives. To help clients she employs humor with sensitivity to help engage and address pivotal issues, making the therapeutic process enjoyable and effective. She believes in candid conversations that recognize the client's strengths all while addressing their areas of growth.

**August 11th**  
**12:00 p.m. - 1:00 p.m. MT**

**Event Location:**  
**Online!**