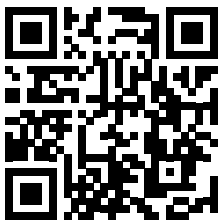




SPIRITUALITY IN MENTAL HEALTH

This is for anyone seeking to discover or add purpose and meaning to their lives. We will discuss the significance and importance of Spiritual Wellness in our daily lives. We will explore ways to practice and improve our spiritual well-being. Please bring something to write on and something to write with.

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



Jason Archuleta, LCSW

Jason is a Utah native who received his Bachelor of Science degree from Westminster College. Graduating Magna Cum Laude in 2011, he continued his education at the University of Utah, where he achieved his Master of Social Work in 2013. He also has additional training in Trauma Focused Cognitive Behavior Therapy and Parent Child Interaction Therapy. Jason enjoys working with anyone who is committed to making meaningful changes in their lives. He specializes in working with adults, anxiety, parent training, LGBTQ individuals, clients with non- binary gender identities and teaching life skills. Jason empowers clients to claim or reclaim their unique, personal power and help them discover and utilize the tools that work for them to navigate their life situations more effectively, product fully and positively.

September 11th
12:00 p.m. - 1:00 p.m. MT

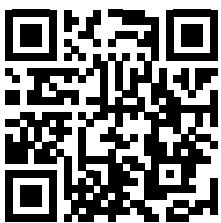
Event Location:
Online!



LONELINESS: A STATE OF BEING OR A TEMPORARY FEELING

In this workshop we will discuss just what is loneliness, what are some common causes, how common it is, and how to manage or decrease it.

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.

September 24th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!