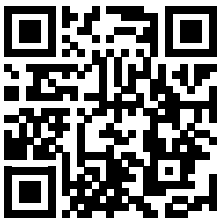




INCREASING OPTIMISM: THE PSYCHOLOGY AND PRACTICE OF GRATITUDE

Participants will learn what the science in Psychology knows about the impact of gratitude on mental health challenges. They will also learn ways they can practice and cultivate gratitude to create more optimism in our lives.

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



Charlyn Raaberg, LCMHC

Charlyn received her master's degree in counseling psychology from Pepperdine University in California. She has worked in a variety of mental health and wellness programs as well as in private practice. She has been a Psychotherapist, Wellness Presenter, and Business Consultant for Blomquist Hale's client companies and their employees since 2001. Charlyn's work with clients is based on the foundation that individuals are intricately linked to, and influenced by their environments, and all people strive toward growth and balance. She believes in the wholeness and resilience of individuals and supports them in developing additional skills to broaden their engagement in life.

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

Event Location:
Online



SUPPORT GROUP: RELATIONSHIP IMPROVEMENT

Our Support Groups are different than our workshops, as they are more focused around creating connections within the group to help people support each other. Participants will be encouraged to turn their cameras on and participate in the group. These will be on-going groups that don't follow a curriculum. Participants can jump in at any time and be a part of the group. Support Groups are **not** recorded. Space is Limited.

About This Group:

Relationships are rewarding, but they are hard. Whether you are in a marriage or committed relationship, this peer experience may be the boost you need. Come ready to share and learn from each other. This is a support experience for those who are currently in a committed relationship and seeking to make it better. Whether you are really struggling or just seeking that next level of closeness, we can all gain from the experiences of others.

Presented By: Darren Elkins, LMFT, Clinical Director

Darren received his master's degree in Marriage and Family Therapy from Utah State University. He also holds two bachelor's degrees from the University of Utah in Psychology and Family & Human Development. He served on the Utah Association of Marriage and Family Therapy board. Darren has a wide range of experience in workplace issues, leadership training, marital therapy, assessment and referral for drug and alcohol services, presented at various conferences, and served on the Utah Association of Marriage and Family Therapists Board.

Next Group: November 11th
5:30 p.m. - 6:30 p.m. MT
This Group Occurs Every Other Week

Support Group Location:
Online!

Click [HERE](#) to Register





SUPPORT GROUP: WE ARE HERE (LGBTQIA+)

Our Support Groups are different than our workshops, as they are more focused around creating connections within the group to help people support each other. Participants will be encouraged to turn their cameras on and participate in the group. These will be on-going groups that don't follow a curriculum. Participants can jump in at any time and be a part of the group. Support Groups are **not** recorded. Space is Limited.

About This Group:

This group offers a safe, affirming spaces where LGBTQIA+ individuals can connect and share experiences. It is our hope that this group can help reduce isolation, foster a sense of belonging, and provide emotional support from others who understand the unique challenges faced by LGBTQIA+ individuals.

Presented By: 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, LGBTQIA+ 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.

Starting November 5th
12:00 p.m. - 1:00 p.m. MT
This Group Occurs Every Other Week

Support Group Location:
Online!

Click [HERE](#) to Register

