



## WORK-LIFE BALANCE

This presentation will focus on identifying what a healthy balance of stress could look like, identifying what unmanaged stress looks like, and why it could be a problem, and strategies for getting back to having a balanced life. It will also include some ideas on addressing barriers to having a balanced life like having competing values, interpersonal stress and poorly established boundaries, and struggling to find motivation. Lastly, this presentation will cover some ideas of addressing when anxiety or depression are creating barriers to having a balanced life.

This workshop is available at **no cost**.

To register, click [HERE](#).



### Presented By: Curtis Wilcox, LMFT

Curtis received his Master's degree in social work from the University of Utah in 2016. He specializes in working with clients with autism spectrum disorder and other developmental concerns. He has years of experience helping people manage and reduce depression and anxiety. He has both level 1 and level 2 complex trauma certifications, a certified first responder certification, and extensive training in John Gottman's Marriage therapy model. He helps individuals build resilience after trauma or crisis events. He collaborates with families to improve the inner family dynamic while knowing how to set appropriate boundaries. He works with couples to resolve relationship issues, while increasing their fondness and admiration for each other. In his spare time Curtis enjoys spending time with his wife and children, playing the drums and guitar, reading a good book, and any and all water activities.

## January 23rd

## 12:00 p.m. - 1:00 p.m.

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.

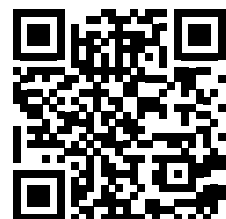
**Next Groups: January 6th & 20th**

**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.

**Next Group: January 7th and 21st**

**12:00 p.m. - 1:00 p.m. MT**

**\*This Group Occurs the 1st and 3rd  
Wednesday of Every Month\***

**Support Group Location:  
Online!**

Click [HERE](#) to Register

