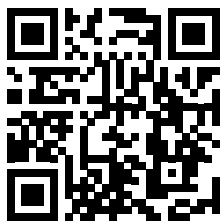




RESILIENCE

Resilience isn't about floating through life on a breeze or skating by all of life's many challenges unscathed; rather, it's about experiencing all the negative, difficult, and distressing events that life throws at you and staying on task, optimistic, and functioning well. In this seminar, you will learn the characteristics of resilience, how to control what you can control, and how to build more resilience in your life. This workshop is available at **no cost**.

To register, click [HERE](#).



February 16th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!

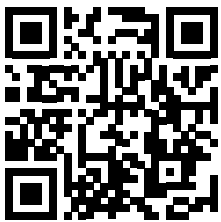
Presented By: Justin Olsen, LCMHC

is a therapist at Blomquist Hale who has done many presentations throughout his career. Justin focuses on educating, supporting and empowering all participants in this course. His goal is to help participants take control of their life and how they feel.



GRIEF SERIES: Changing Families

Learn about grief involved with divorce, adoption, step families, and births. We will discuss the different types of grief experience, how to support others through this type of grief, and how to cope with this grief yourself. Additional reading and resources will be available at the end of the presentation. This workshop is available at **no cost**. To register, click [HERE](#).



Dr. Elizabeth Brummett-Thomas, 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.

February 18th
11:00 a.m. - 12:00 p.m. MT

Event Location:
Online!



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.

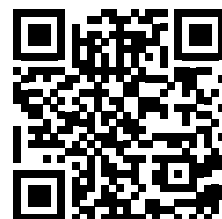
Next Group: February 4th and 18th

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





SUPPORT GROUP:

Helping Each Other Provide Persuasive and Inspirational Leadership

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 is designed to provide a space for meaningful connection, shared learning, and real-world leadership growth. Each session will begin with a leadership principle, theme, or prompt that serves as a starting point for open discussion. From there, the conversation will be driven by the group—drawing on the collective experiences, challenges, and insights of participants. This is a peer-led environment rather than a lecture or presentation. All participants need to come with their cameras on and ready to engage.

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: March 24th

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

This Group Occurs Every Other Week

Support Group Location:
Online!

Click [HERE](#) to Register

