



ADULT ANXIETY PROGRAM

In a 5-week program through Zoom, participants will go over each week's presentation and discuss past experiences. Some practice assignments and handouts may be given. Participants will better understand anxiety in a confidential structured program and gain an understanding of their own personal target issue, triggers, and coping skills.

Participants will need to join each session, for a total of five classes. All participants have the right to drop out at any point.

Caryl Ward, CMHC, CFLE

Caryl Ann Ward is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. She is conscious of the effects of the social environment and can help navigate life through therapeutic tools to improve life's satisfactions. Outside of the office she enjoys the outdoors, hiking, gardening, music, and spending time with her blended family of seven kids and two grandkids.

Monday's

April 11, 18, 25

May 2, 9

5:30 to 6:45 p.m. on Zoom

All Adults 18+

Sign up at BlomquistHale.com
under "Workshops"