



HEALTHY HABITS

Everyone deals with a significant amount of stress each day. Sometimes this stress comes from the world, our jobs or our circumstances in our personal lives. The tools discussed in this workshop will help participants develop daily activities that have been scientifically proven to help release the feel good chemicals in our brain to help us have more balance and joy in our lives. This workshop is available at **no cost**. To register, click [HERE](#).



Natalie Jenson, LCSW

Natalie graduated from Columbia University with a Masters in Social Work in 2003. In addition, she has Bachelor's degrees in Psychology and Sociology from the University of Utah. She has extensive experience in working with addiction and dependency issues and helping families navigate substance abuse recovery together. She has worked in a variety of settings including residential treatment for adolescents, outpatient mental health clinics, and substance abuse treatment programs. She has experience working with couples, families, and individuals with depression and anxiety and those experiencing difficult life events.

November 15th

11:00 a.m. - 12:00 p.m. MT

Event Location:

Online!