



MINDFUL FOCUS: **THE SCIENCE BEHIND BREATHING AND RETURNING FOCUS**

Do you want to learn how to calm your mind by learning how to soothe your soul? Science has proven daily practice of mindfulness promotes physical health, reduces stress, increases concentration and mental clarity, and reduces depressive symptoms. This workshop will focus on mindful practices that promote being in the moment, breathing meditations, and getting still within yourself.

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.

April 5th
2:00 p.m. MT

Event Location:
Online!