



PARENTING: ATTACHMENT

Attachment theory, originally developed by John Bowlby (1907–1990), is focused on the relationships and emotional bonds between child and caregiver that happen primarily from 0-3 years old. In this workshop you will learn from your own attachment patterns and how to improve your long-term relationships and attachment parenting style.

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 19th
2:00 p.m. MT

Event Location:
Online!