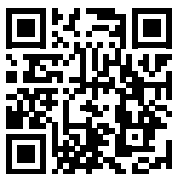




WELLNESS PART 1: MANAGE YOUR ANXIETY

Participants will learn key points to reducing an anxious brain. In addition, they will gain self-help skills and understanding such as mindfulness, emotional regulation, CBT and DBT skills, and replacing your negative narrative stories. The presenter teaches our anxiety 5-week program and has taught numerous clients how to face the fear of fear where anxiety is rooted. This workshop is available at **no cost**.

To register, click [HERE](#).



Caryl Ann Duvall, CMHC, CFLE

Caryl Ann Duvall 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.

November 22nd

4:00 p.m. - 5:00 p.m. MT

Event Location:
Online!