



## PARENTING YOUR ADULT CHILDREN: PART II

Are you struggling with ideas on how to parent an adult child? Parenting grown children has rapidly changed. Last month we discussed the top '10 Things to Know' with parenting adult children. In this workshop, we will explore the next steps to providing support in a helpful way. Let's brainstorm on how to coach and challenge success with our grown adult children!

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.

**April 11th**

**2:00 p.m. - 3:00 p.m. MT**

Event Location:  
Online!