



PARENTING YOUR ADULT CHILDREN

Parenting grown children has changed. Do you wonder if you are doing what is needed for your grown children? In this workshop we will explore the top '10 Things to Know' with parenting adult children even if they are at home or out of the house.

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.

March 14th

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

Event Location:
Online!