



## FALLING BACK IN LOVE WHILE JUGGLING LIFE

No matter the stage of life you are in, love is a funny thing and it doesn't just happen. Join in to this workshop to gain tips and ideas on how to keep the fire burning while juggling what life throws at us. You will learn about Love Sense by Sue Johnson, and the meaning of love through researched science. Furthermore, we will discuss how to prevent unhealthy patterns that lead to disconnect and mistrust, and return to emotional risks that lead's to a healthy balance.

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.

**October 25th**

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

**Event Location:**

**Online!**