



BETTER PARENTING: Healing Your Inner Child Wounds

Are you running on empty? Does your parenting style reflect your own hurt from your childhood or have you healed? In this workshop, let's examine how your inner child 'hurt' is doing in adulthood. We will examine how to quiet the hurt and return to a full emotional tank to better ourselves and our relationships.

This workshop is available at **no cost**.

To register, click [HERE](#).

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.

February 21, 2022
2:30 p.m. - 3:30 p.m. MT

Event Location:
Online!