



## DOING LOVE: REAL LOVE ENDURES

Join us for a fun and engaging discussion about why the happiest, healthy, productive lives understand **Real Love** and how to do it well. Grab your lunch and take time either with your valentine or spend time becoming the best you can for your valentine. In this hour, we will dive into what love is and how we can all love in meaningful ways. We will also discuss the importance of **Self Love** and why we need to love ourselves to truly love others.

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

To register, click [HERE](#).

### **Darren Johansen, CMHC**

a relationships specialist will discuss ways to establish and maintain happy, healthy, thriving relationships. He will also share the how to's of understanding proper boundaries and eliminating unhealthy, and unwanted relationships. Although this is not a couples only course some time will be spent on building marriage relationships. Darren has been married 28 years, been parenting for 25 years, and has a Master's degree in Clinical Mental Health Counseling.

**February 14th**  
**12:00 p.m. - 1:00 p.m. MT**

Event Location:  
Online!