



STRESS SCIENCE: Healing Your Stress Patterns & Adrenals

Has stress left you burnt-out? Do you want to be more balanced with stress? You may want to rethink how stress shows up for you. This workshop will address how stress can build skills, guide us, challenge us, and help us understand our Fight or Freeze brain responses. Participants will also learn the brain/adrenal connection - understanding of facing difficult issues or relationships.

This workshop is available at **no cost**.
To register, click [HERE](#).

February 7th
11:00 a.m. - 12:00 p.m. MT

Event Location:
Online!

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.