



PRE-MARITAL: RELATIONSHIP IN'S AND OUT'S

Are you in the beginning stages of a committed relationship or dating? Sometimes it is difficult to recognize destructive patterns through healthy love and not blinded love. In this workshop, the presenter will relay tips to make relationships successful and balanced without losing your own values. Furthermore, participants will get to know your compatibility potential and how to find premarital happiness.

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, integrated medicine for mental health, anger management, substance abuse, anxiety coping skills, and parenting skills. She is trained in trauma focus practices and family systems. 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 four grandkids.

October 20th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!