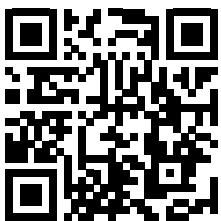




ROAD RAGE

Participants will learn what causes road rage, coping tools for anger and rage when on the road, de-escalation techniques for when you are coping with someone in a rage, and coping with anxiety on the road.

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



Elizabeth Brummett, LCSW

Elizabeth received her bachelor's degree from Weber State University, her master's degree from the University of South Carolina, and her doctorate degree from Walden University. In addition, Elizabeth has certifications in SAP. She has experience in play therapy, family therapy, parenting, grief, and Autism Spectrum Disorder. Elizabeth enjoys working with children, parents, families, older adults, and anyone seeking genuine support/help. She enjoys working with each client on identifying what they would like to gain from counseling and how she can best help them meet their goals. In her spare time, she enjoys reading, baking, and spending time with family.

July 23rd

12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!