
WOMEN'S CIRCLE CAREGIVER WORKSHOP – FRIDAY MAY 10

“Wherever women gather, failure is impossible.” ~Susan B. Anthony

Emotion Focused Family Therapy (EFFT) is rooted in a deep belief of the healing power of family connection. Inspired by EFFT, this workshop will introduce and apply practical skills so caregivers can learn to guide their loved ones who are experiencing big feelings, emotional dysregulation, and/or mental wellness challenges. The Women's Circle Caregiver Workshop will address specific stressors, transitions, and life challenges women face – effectively empowering women to navigate everyday emotional waves and life's multi-generation relational complexities. Consider how you can benefit from a supportive community of like-minded women who are also on a path toward self-discovery, healing, and growth.

Whether you're a woman with whom this resonates, or have a woman in your life who may be interested, this caregiver workshop is designed with a focus on:

- Learning strategies to help manage stress and strengthen relationships
- Practicing skills to emotionally and behaviorally support loved ones
- Accepting one's fears and reactions, especially in high-emotion interactions
- Identifying patterns and triggers that may get in the way of effective support
- Believing in one's ability to care for and support their family and loved ones
- Exploring and expanding the all-important capacity for self-compassion
- Cultivating a connection to one's own instinctual inner wisdom

Just in time for Mother's Day weekend, the Women's Circle Caregiver Workshop is:

- In-person on Friday May 10 – 9:00am–3:30pm (lunch is included)
- Location: Sakala Community – 1660 Gilpin Street, Denver 80218
- Register by emailing Mindy & Daniel – mhmh@milehighmentalhealth.com
- Cost: \$350 | Space is limited – only 15 spots available

Mindy Solomon, Ph.D. – EFFT Clinician

Mindy is an EFFT Advanced Therapist and Certified Eating Disorder Specialist with over two decades of professional clinical experience. Her approach to healing draws on scientifically supported interventions (with a sprinkling of divine feminine magic), and a commitment to providing a compassionate environment for people to access their internal healing capacities. Mindy's role as an EFFT clinician is to guide caregivers in bolstering their role of supporting their loved ones with emotional and mental health struggles. She believes in empowering parents to help their loved ones (of any age) as they are “wired” together – becoming “magicians of healing” for their families.

