Gift yourself a moment to focus on the most important thing, your own well-being. Join OEE’s Behavioral Health Specialists for the 2024 Wellness Workshops. Register here, [https://zoom.us/meeting/register/tJ0tcuCsqTgsGNckofd4yiinj-LRdGnvDJzz](https://zoom.us/meeting/register/tJ0tcuCsqTgsGNckofd4yiinj-LRdGnvDJzz)

**Feelings 101: Improving Your Emotional Language**

**MAY 16**

11:00 AM - 12:30 PM  
KIRSTEN WULFSBERG, LPC

Have you ever tried to explain how you were feeling, but you just couldn’t put your finger on the right words? This can leave you feeling more frustrated, misunderstood, and even more alone. Emotional awareness is the base to effective self-care and communication. In this interactive workshop, we’ll explore Dr Gloria Willcox’s Feelings Wheel, personalize it by applying it to your own situations, and walk away with more confidence in self-awareness and self-expression, improving your ability to communicate with loved ones.

**Positive Psychology, Part I**

**JUNE 20**

11:00 AM - 12:30 PM  
JIM KUEMMERLE, LCSW

**Understanding Grief**

**AUG 15**

11:00 AM - 12:30 PM  
JULIE ELLIOTT, LPC

**Insights into Trauma**

**OCT 17**

11:00 AM - 12:30 PM  
JULIE ELLIOTT, LPC

**Positive Psychology, Part II**

**JULY 18**

11:00 AM - 12:30 PM  
JIM KUEMMERLE, LCSW

**Building Better Boundaries**

**SEPT 19**

11:00 AM - 12:30 PM  
KIRSTEN WULFSBERG, LPC

**Regional Behavioral Health Specialists**

Kirsten, Mountain  
Julie, Western  
Jim, Eastern