



## ***Expanding Emotional Intelligence Virtual Workshop***

We live in a society where most of us have never had any formal education about emotions – let's change that! We'll learn what emotions are, how they work, and how to deal more effectively with our own emotions and other people's. Other topics include mind/body connection, "good/bad" emotions, thoughts versus feelings, and how emotions relate to safety and danger.

If you have been told that you are out of touch with your emotions, are "too emotional," or just want to understand yourself and your loved ones better, come explore the world of emotions with a licensed therapist with 20 years of clinical experience.

***Presented by Tod Fiste, LPC***



**The Northwest Catholic Counseling Center**

*Serving all regardless of faith or finances*

*A State Certified Counseling Agency*

*Donations are tax-deductible. Tax ID 93-1088962*

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[www.nwcounseling.org](http://www.nwcounseling.org)

### **When:**

Thursday, September 24th, 2020  
4:30 PM – 6:30 PM PT

### ***Virtual Zoom Session:***

Email with links for access will be sent the day of the workshop.

### ***Register:***

#### **Online**

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call** (503)253-0964

### ***Cost:***

\$30 per household

*Hardship scholarships available upon request*

Pre-registration required. Workshop fee must be paid at time of registration.

*Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.*