



SNAP OUT OF IT!

HOW TO GET OUT OF YOUR RUT AND INTO YOUR GROOVE

3 Ways To BEAT the WINTER BLUES

- **THINK "UP!" When You Feel Down**
- **Feel Better About Yourself and Others**
- **Create an ACTION PLAN to Help You Get Back in The Groove and Stay There**

Place: River Rd. Recreation Center • 1400 Lake Drive • Eugene

Times: Offered Twice

Feb. 7th 6-8pm

Feb. 27th 1-3pm

**FREE
WORKSHOP**

TO REGISTER:

WWW.RRPARK.ORG

(541) 688-4052

OR

CAROLRIVENDELL@GMAIL.COM

(541) 999-6421

OUR FACILITATOR:

**Carol Rivendell, M.A., M.Ed.
Masters in Counseling**

For over forty years Carol has offered inspiration and hope to her students, clients and workshop attendees. After thirty years as a licensed Marriage and Family Therapist she retired to Eugene, Oregon, where she maintains a small private practice.



She also enjoys facilitating workshops and support groups. Carol's workshops and support groups are inspiring and life changing. They deal with such topics as living well with chronic pain, self esteem, communication skills, body image, and stress reduction.

Joy, hope and inspiration are always her goals.

She holds Master's Degrees in education and in counseling. Carol has the know-how and tools to inspire and empower. Change is facilitated with compassion, humor and enthusiasm.

For Private Appointments: carolrivendell@gmail.com
(541) 999-6421