



TRIANGLE TRIBE BRINGS YOU THE MIND, SOUL, AND BODY SERIES

WITH JACLYN DITTER, LCMHC, LCAS, CCS

Join us for an evening of education and direction! This open forum meeting will be focused on your self-care, work/life balance, and what to do to destress and deal with the feelings of being overwhelmed. Jaclyn Ditter will help provide tools and solutions with the Q&A throughout the meeting.

Jaclyn is a Licensed Clinical Mental Health Counselor and Clinical Addictions Specialist. She has been a practicing psychotherapist for five years. She is also a Certified Counselor Supervisor for the State of North Carolina and provides supervision to therapists trying to obtain licensure.

Jaclyn believes in a strength-based perspective while combining her knowledge of multiple therapy modalities to find the best fit for each client. My focus pulls from Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Solutions Focused and Motivational Interviewing.

<https://www.aadomtrianglechapter.org/>

MENTAL DENTAL

Body - Soul - Mind

MEMBERS
FREE!
\$25 FOR
NON-MEMBERS

June 8th, 2023

5:30 pm - 7:30 pm

LIMITED SEATING

Event location:

Raleigh Dental Arts
8604 Creedmoor Rd #1,
Raleigh, NC 27613

Event Sponsored By:



MOBILE
COMPUTER
SERVICES, INC.

ncmobilecomputerservices.com