



How to Enjoy Farming Again

Saturday, Jan. 26th 11:30am

About the Session:

Just like a tractor, relationships need preventative maintenance. In this session learn how to enjoy farming again by exploring healthy ways to manage relationships, know the importance of self-care, and figure out long term coping strategies. Get a behind the scenes look at what community resources are available when you need to “go in for a tune up” and how the process of counseling actually works.

About the Speaker:

Dori and her husband John live in rural Colorado and operate a horse and cattle ranch while raising two sons. Her “lived” experience knows the challenges of farm life. She is a Registered Nurse and clinical nursing Instructor with Colorado Mesa University at the Montrose Campus, working with nursing students at Montrose and Delta Hospitals. She will complete her Master’s in Clinical Mental Health in 2019 and then licensure as a Professional Counselor. She is currently working as an intern with the Center for Mental Health in Montrose. As a nurse, her focus has been how to improve lives by working to connect physical and mental health.

dlee@centermh.org