

COACH OHMEDAY, Founder, CEO . . . aka *Janis Small Omide*, MS, MAC, CSAC, QMHP-A

After 25+ years of being a mental health & alcohol/drug counselor,

COACH OHMEDAY devotes her time to:

- teaching what she wishes she had known when she was 23-yrs old,
- ◆ "luving" to **k.i.s.s.** ≥ **Keepin'** It **Super Simple**, and
- helping adults cope w/ relationship conflicts, unresolved grief or addictions.

PLEASE VISIT COACH OHMEDAY'S VARIOUS VIRTUAL PLATFORMS:



Get MANY Self-help PDFs from >> www.OhMeDay.us



- POEM: Letting Go
- How Do I Love Thee? . . . Characteristics of Partnerships
- 23 Drug-Free Ways to Dump Depression & Anxiety
- 5 Stages of Relationships: What we did NOT learn
- 4 Types of Agreements in a Relationship
- Financial Agreement & Budget in a Relationship
- The Love Language QUIZ
- 3 pages of VIRTUAL RECOVERY RESOURCES (from the webpage, click on the BLOG tab)

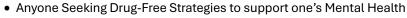
COACH OHMEDAY has a great eBOOK . . .



POST-PANDEMIC MENTAL HEALTH DRUG-FREE TOOLKIT

(70-pages – *only* \$9.99)

PERFECT FOR:



- Managing Post-Pandemic Stress
- Counselors—add valuable resources to your toolkit to better support your clients.

OHMEDAY COACHING

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Also, checkout COACH OHMEDAY'S PODCAST & other WEBSITE:

www.jsopoetry.live | www.CounselingOnAShoestring.net