

September 2022 Learning Events

Virtual Support Groups

Divorce Grief is Real

Date: Thursday, September 8, 2022

Time: 10 - 10:30 pm EST

[Register now](#)

How Practicing Mindfulness Can Help with Your Reactions to Divorce

Date: Tuesday, September 13, 2022

Time: 9 - 9:30 pm EST

[Register now](#)

Supporting Your Child After Your Breakup or Divorce

Date: Wednesday, September 21, 2022

Time: 10 - 10:30 am EST

[Register now](#)

Suicide Loss

Date: Thursday, September 29, 2022

Time: 1 - 1:30 pm EST

[Register now](#)

Live Webinar



Suicide Awareness

Suicide is a reality and the tenth leading cause of death in the U.S. for all ages. Suicide among males is four times higher than among females while females attempt suicide three times as often as males. Become better educated on the signs and symptoms as well as risk factors and what support and resources are available.

Date: Tuesday, September 20, 2022

Time: 12 - 1:00 pm EST

[Register now](#)

On-Demand Webinar



Navigating Divorce

Whether you're considering a divorce, or it has already been initiated, this webinar will provide the tools you need to navigate the process with the least amount of stress and conflict possible. Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

Available starting September 1st, this webinar is available on myliferesource.com.

[Click here](#) to download the Learning Events Flyer.

From Prevention to Intervention, Carebridge Can Help.

Call 800.437.0911 or email clientservice@carebridge.com

24-7 for confidential and free consults

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