

October 2022 Learning Events

Virtual Support Groups

Learning How to Open Up to People

Date: Thursday, October 6, 2022

Time: 3 - 3:30 pm EST

[Register now](#)

Getting the Legal Stuff Done Now

Date: Wednesday, October 12, 2022

Time: 1 - 1:30 pm EST

[Register now](#)

Responding to Your Child's Report Card Constructively

Date: Thursday, October 20, 2022

Time: 3 - 3:30 pm EST

[Register now](#)

Myths About Grief and Grieving

Date: Tuesday, October 25, 2022

Time: 4 - 4:30 pm EST

[Register now](#)

Live Webinars



Strategies to Improve Your Mental Health

Most of us are aware of strategies to improve our physical health but fall short on how to care for our mental health. Learn how to care for your mental health and prevent mental health problems in the future, reduce your risk for physical health issues and enhance your work and life satisfaction. Participants will learn easy ways to implement evidence-based strategies to improve their mental health.

Date: Thursday, October 13, 2022

Time: 12 - 1:00 pm EST

[Register now](#)



I am Enough

How does your inner critic affect your emotional wellbeing? The inner critic is the voice of judgment and negativity and is especially outspoken when we're tired, facing something new and unfamiliar or when we've made a mistake. Co-hosted by Carebridge and eM Life, participants will learn how to quiet their inner critic and increase self-confidence.

Date: Wednesday, October 26, 2022

Time: 12 - 1:00 pm EST

[Register now](#)

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

From Prevention to Intervention, Carebridge Can Help.

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