

Learning Events February 2023

Stress Check-In: Practicing Self-Compassion to Soothe Your Heart

Date: Wednesday, February 1

Time: 12:00 - 12:30 pm EST

Did you know that practicing self-compassion can influence your heart health and may reduce cardiovascular risk? Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate. Participants will learn tips and techniques to practice self-compassion. Participation is anonymous.

[Click here to register](#)

Parenting Check-In: Start Preparing for Summer Break

Date: Tuesday, February 7

Time: 2:00 - 2:30 pm EST

Planning for your child's summer break can feel daunting. Participate in this support session to learn ways to match summer experiences with your family's needs. Learn how to consider your child's interests, abilities, and temperaments as you plan. This interactive session will encourage participants to share helpful strategies. Participation is anonymous.

[Click here to register](#)

Caregiving Check-In: Caregiving and Sibling Relationships

Date: Wednesday, February 15

Time: 3:00 - 3:30 pm EST

Caregiving can be a time that draws siblings together to support each other as they care for their loved one. It can also be a time when heightened stress results in increased tensions and conflicts. Participants will have the chance to clarify caregiving expectations and roles for themselves and for their siblings. Participation is anonymous.

[Click here to register](#)

Grief Check-In: Taking Pet Loss Seriously

Date: Thursday, February 23

Time: 1:00 - 1:30 pm EST

When a pet dies, our hearts can ache as much as when we lose a family member or friend. However, the social norms that promote grieving can be less when it is a pet that passes. Participants will find support in understanding the significance of pet loss and learn strategies for healthy mourning. Participation is anonymous.

[Click here to register](#)

On-Demand Webinar: Navigating Red Tape After the Death of a Loved One

Available starting February 1, 2023

The passing of a loved one is already traumatic for those left behind. However, learning the basics of dealing with the administrative side of death can make the journey a lot easier. In this webinar, you will learn the first steps needed to get through the standard paper work, dealing with banks and funeral homes, filing the death certificate, and other key aspects of handling your loved one's estate.

[Click here to register](#)

Live Webinar: Empathy on Empty—Compassion Fatigue

Date: Wednesday, February 8

Time: 12:00 - 1:00 pm EST

Even the most empathetic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. This concept, known as compassion fatigue, is particularly common among those in helping professions. During this session, we'll explore the root causes and symptoms of compassion fatigue as well as provide strategies for overcoming it.

[Click here to register](#)
