

Learning Events

April 2023

Stress Check-In: Connect with Nature to Reduce Stress

Date: Thursday, April 6

Time: 2:00 - 2:30 pm EST

Nature can generate positive emotions such as joy, wonder, and calmness. Learn strategies to incorporate nature into your daily life to help relieve stress and anxiety, and boost feelings of happiness and wellbeing. This session will include relaxation exercises focusing on meditation.

[Click here to register](#)

Parenting Check-In: When Your Teen Starts Dating

Date: Wednesday, April 12

Time: 1:00 - 1:30 pm EST

When your teen begins dating, it is likely to be a new adventure for both of you. Anticipate a spectrum of excitement, confusion, and perhaps heartbreak. Join this session to embrace and understand teen romance and learn how to guide your young person into safe and respectful relationships.

[Click here to register](#)

Grief Check-In: Grief in the Spring

Date: Tuesday, April 18

Time: 3:00 - 3:30 pm EST

While springtime can create a sense of emotional renewal as the hours of sunlight increase and buds appear on flowers and on trees, it may not feel so hopeful for those who are overcoming significant losses and grieving. Participate in this session to identify self-care strategies to rekindle your physical, emotional, and spiritual wellbeing.

[Click here to register](#)

Caregiving Check-In: Journaling for Caregivers

Date: Thursday, April 27

Time: 4:00 - 4:30 pm EST

Journaling is a self-care strategy to manage stress. As a caregiver, it can provide a safe place to explore your thoughts and feelings in a non-judgmental way. Journaling, even for just a few minutes a week, can help you find meaning and purpose, and lead to new ways to share your love with the one you care for. This session is both instructional and experiential. Participation is anonymous.

[Click here to register](#)

On-Demand Webinar: Making Time for Everything—Dual Careers and Family Life

Available starting April 1, 2023

Two busy partners can make for a stressful household. Managing the unromantic tasks of daily life and household management can be difficult. Making time for the things that really matter—connecting, having fun, playing, and resting—can be quite challenging. In this webinar, we will discuss ways to better manage your household and make time for what matters most. We will discuss the realities of busy, working partners and making the most of the time and energy we have.

[Click here to register](#)

Live Webinar: Using the Breath and Body as Anchors in Recovery

Date: Thursday, April 13

Time: 12:00 - 1:00 pm EST

People in recovery often struggle with worries about what people think about them and feelings of guilt about past addiction-related behavior. Using the breath and body as anchors can help keep your recovery on track. Consider how you can move forward, even in the face of fears and guilt.

[Click here to register](#)

Live Webinar: Gain Control of Debt

Date: Tuesday, April 25

Time: 12:00 - 1:00 pm EST

There can be many different reasons why people get into financial jams, and almost everyone struggles with financial problems at one time or another. This training examines how to evaluate debt responsibilities, consolidate debt, and work with creditors to effectively reduce debt. This very practical and useful training can help participants to get on the right track to better manage their personal finances.

[Click here to register](#)
