

# October 2023 Learning Events

## Virtual Support Groups

A 30-minute group check-in held monthly on a topic related to Stress, Caregiving, Parenting, or Grief. Each discussion is led by an expert. Registration link may be used to access recording of live event.

### Parenting Check-In: Nurture Your Child's Authenticity

Whether you are raising a child, tween, or teen, helping them to practice and learn self-validation is important. During this session, we will discuss skills to increase your child's awareness of their thoughts, feelings, and responses in almost any circumstance. Participation is anonymous.

**Date: Tuesday, October 3**

**Time: 3:00 - 3:30 pm EST**

[Click here to register](#)

### Stress Check-In: Tap to Relieve Stress

Emotional Freedom Technique (EFT) or tapping is a holistic practice that is easy to learn and produces relief within minutes. Anyone struggling with stress or anxiety can benefit from this experiential session. Participation is anonymous.

**Date: Thursday, October 12**

**Time: 3:00 - 3:30 pm EST**

[Click here to register](#)

### Grief Check-In: Common Grief Experiences

Grief looks and feels different for everybody. No matter how much experience you have with grief, it can seem different with each loss. During this session, we will focus on common grief experiences and tips for coping. Participation is anonymous.

**Date: Wednesday, October 18**

**Time: 2:00 - 2:30 pm EST**

[Click here to register](#)

## Caregiving Check-In: Depression and Older Adults

While most older adults do not experience depression, many do. During this session, we will discuss how physical health, isolation, and loss can contribute to depression in elders and teach you tangible ways to assist them. Participation is anonymous.

**Date: Thursday, October 26**

**Time: 2:00 - 2:30 pm EST**

[Click here to register](#)

## On-Demand Webinar

A pre-recorded training available on [myliferesource.com](https://myliferesource.com) this month only.

### Master Your Spending

This webinar teaches you to master the emotional side of money and regain your financial dignity. Topics discussed include: Why traditional budgets fail and what you need instead, the two key things you need to do BEFORE making a plan, how to have productive money discussions with your significant other, keys to outsmart emotional spending before it happens, and how to create a personalized plan that works for YOU. The webinar will provide a Spending Plan worksheet to apply the principles learned to your finances immediately. This workshop will help you become and stay financially healthy.

Starting October 1st, this webinar is available on [myliferesource.com](https://myliferesource.com).



## Live Webinar

A one-hour monthly training on a variety of mental health, work-life, and wellbeing topics. Presentation slides will be emailed to all participants following the event. Registration link may be used to access recording of live event.

### Mental Health: Strategies to Manage Anxiety, Fear, and Stress

Feelings of anxiety, fear, and stress can be caused by a difficult personal situation or world event. Or even be experienced for no apparent reason at all. Join this webinar to learn how prioritizing your mental health and learning healthy coping tools can help you manage these feelings. No matter the source of your struggle.

**Date: Tuesday, October 17**

**Time: 12:00 - 1:00 pm EST**

**[Save Your Seat!](#)**

