



**Member training:**

## **Parenting in an Ever-Changing World**



### **August featured training**

#### **Parenting in an Ever-Changing World**

In a world that appears to be changing faster than we can keep up, parenting can be fraught with additional challenges. In this program, participants will examine and explore some of the most common parenting concerns of the modern world. This presentation provides practical information about parenting in an ever-changing world and how to help children thrive, despite the turbulent times we live in.

#### **Learning Points**

- Build an awareness of the childhood development stages
- Explore how to build resilience in children and adolescents
- Learn strategies for how to talk to children about traumatic and/or difficult events
- Identify what behaviors to look out for and when to reach out for help

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#">Watch here</a></p> <p><b>Short on time?</b></p> <p>Watch the 10-minute summary <a href="#">here</a></p>	<p><b>12<sup>th</sup> August</b></p> <p>1-2 PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>13<sup>th</sup> August</b></p> <p>7-8 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>19<sup>th</sup> August</b></p> <p>11AM-12PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>	<p><b>20<sup>th</sup> August</b></p> <p>1-2 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#">Register now</a></p>
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**Space is limited for the live training session options, so advance registration is required.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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