

## Managing Anxiety

**January 8, 2025 | 2–3 p.m. E.T. | [Register](#)**

Anxiety has recently impacted our world in a way many of us have never experienced. Regardless of differences, there are ways to avoid anxiety without fear that family gatherings may become confrontational. This webinar offers strategies to acknowledge anxiety, identify areas of life that you can control, and engage with others respectfully to mitigate disagreements.

## Best Practices for Supporting Others

**February 12, 2025 | 2–3 p.m. E.T. | [Register](#)**

This webinar reviews best practices and techniques for providing support to others. Attendees will learn how to provide support without taking on the role of a counselor or therapist and leave with practical strategies and resources for listening to and supporting their loved ones.

## Community and Giving Back: Leaving Our Footprints

**March 12, 2025 | 2–3 p.m. E.T. | [Register](#)**

In this webinar, participants will learn the mental and physical benefits of service, how to overcome fears, and find purpose to get involved. Fewer things in life provide us with similar meaning and joy compared to helping others. Participants will leave this training with the resources and motivation needed to give back and support their community.

## Mental Health: A Guide for Managers and Leaders

**March 26, 2025 | 1–2 p.m. E.T. | [Register](#)**

Fostering a work environment that promotes positive mental health is a crucial tool for empowering employees. Know what mental health is, the signs and symptoms, and your role as a leader. We'll offer tools and techniques to initiate and navigate challenging conversations and help you understand when it is appropriate to intervene and who to go to within your organization when you need help.

## Handling Financial Stress

**April 9, 2025 | 2–3 p.m. E.T. | [Register](#)**

With inflation raising the cost of everything in today's economy, a significant percentage of Americans are living paycheck to paycheck. This webinar provides participants with concrete steps to stabilize and support their income, control their spending, and plan for emergencies. We'll also share best practices on maximizing opportunities to earn and save money that you can apply to your financial situation.

## Tending to Our Mental Health

**May 14, 2025 | 2–3 p.m. E.T. | [Register](#)**

Mental health issues are more prevalent than widely believed. Fortunately, proactive treatment works for many people. This class will focus on mental illness facts, warning signs, stigma, and resources available to support our loved ones and ourselves.

## The Importance of Unplugging

**June 11, 2025 | 2–3 p.m. E.T. | [Register](#)**

The line between when the workday begins and ends is more blurred now than ever, especially for remote workers. Technology allows for constant connection, luring us to spend more time on our computers and other devices. Join us to review the serious risks of being constantly attached to technology, discuss the importance of unplugging, and explore best practices to reconnect to your life.

## Manager's Guide to Burnout

**June 25, 2025 | 1–2 p.m. E.T. | [Register](#)**

Burnout is a serious issue affecting about 44% of today's employees (SHRM, 2024). When left unaddressed, burnout can drastically lower not only work performance but also the overall mental and physical health of employees. In this webinar, managers will learn what burnout is, how to recognize the signs, and ways to proactively provide resources to their team.

## Managing Fear and Anxiety in Children

**July 9, 2025 | 2–3 p.m. E.T. | [Register](#)**

Join this webinar as we discuss tactics and techniques to help children of all ages deal with anxiety and fear. You'll leave this session with a better understanding of how our own fears and anxieties can affect our children, and more equipped to help them cope through compassion, structure, and flexibility.

## Compassion Fatigue

**August 13, 2025 | 2–3 p.m. E.T. | [Register](#)**

Compassion fatigue is a combination of burnout and secondary traumatic stress. This webinar guides attendees through the signs and symptoms of compassion fatigue and identifies self-care strategies to help cope with its impact on daily life.

## Suicide Prevention

**September 10, 2025 | 2–3 p.m. E.T. | [Register](#)**

Suicide prevention takes all members of a community to work together to raise awareness. This webinar acknowledges the difficulty in discussing suicide, provides tools and resources to identify warning signs, and offers guidance on implementing suicide prevention programs in the office and our community.

## Suicide Awareness and Prevention for Managers

**September 24, 2025 | 1–2 p.m. E.T. | [Register](#)**

Tailored for managers, this webinar outlines tools and resources to identify suicide warning signs and implement workplace prevention programs. Topics include myths and statistics about suicide, when to intervene, and how to get immediate help from within your organization and emergency providers. You'll leave this session better equipped to navigate delicate conversations and get employees the help and support they need.