

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. Helping and supporting others can spread joy and also be rewarding and uplifting. Participants will leave with the resources and motivation to be inspired 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 Finances

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

Many Americans are actively managing their finances month to month. 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 to build a more secure and confident financial future.

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](#)

Because technology allows for constant connection, often tempting us to spend more time on our computers and other devices, the line between when the workday begins and ends can get blurry. Join us to review the serious risks of being perpetually attached to technology and explore best practices to reconnect to your life.

Manager's Guide to Self-Care

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

It is often said that the best managers always take care of everyone else first. In reality, self-care is crucial for a leader to be at their best so that they may empower and support others. Managers and supervisors will learn the significance of self-care and the mindset needed to prioritize their own needs, and embrace the notion that leaders can and should take the time to unplug and recharge to be the best version of themselves and the effective role models and leaders their teams deserve.

Helping Kids Build Confidence

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

Children of all ages encounter situations that may make them feel uneasy or apprehensive. Join us to better understand how your emotional responses can influence those of your children, learn ways to help boost your child's self-assurance, and explore techniques for teaching them to productively work through periodic feelings of uncertainty and anxiety.

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.