## **Monthly webinars**

# Resources for Living

#### Finding comfort beyond the comfort zone - August 3rd @ 1 p.m. ET



Do you find yourself feeling ""stuck"" in the same old-same old? Or maybe recent events have thrown you out of your comfort zone. Join us for this webinar to discuss:

- How being uncomfortable can be good for you
- · Ways to get out of your comfort zone
- · Tips for personal growth

#### Train your brain to manage your thoughts - August 8th @ 3 p.m. ET



Just like you train your body and muscles, you need to keep your brain in tiptop shape too. Learn ways to keep your brain sharp, strong and agile so you can always do your best.

### Communicating with teens - August 15th @ 3 p.m. ET



Has your sweet child changed into an eye-rolling, self-obsessed stranger? Parenting teens comes with special challenges. They're not children but they're not yet adults. This webinar will review:

- Problems talking with teens
- · Different kinds of conversations
- Tips for talking with teens

## Launching adult children into adulthood - August 22nd @ 3 p.m. ET



Sending your kids off into the "real world" is hard. Join this webinar to find out why and learn some strategies to make it easier on yourself and your children.

- Find out what's really going on as our children become adults
- Learn about the mixed emotions everyone feels
- Get tips for giving your children what they need to grow and go (and what you need so you can set them free)