

Sticks and stones: Bully-proofing your child– May 3rd @ 3 p.m. ET



We hear a lot about how bullying is a serious issue these days. But what can you do about it? This webinar will help you:

- Understand bullying and its effect on your child
- Recognize if your child is being bullied or is bullying others
- Learn what you can do about bullying"

Unplug to recharge – May 10th @ 3 p.m. ET



While it's hard to deny the advantages of technology, the constant need to feel connected is affecting us on many different levels. This workshop will talk about the reasons you need to unplug.

- How do we begin to “detox?”
- The positives of unplugging to recharge our bodies and minds
- Steps to have a better balance

Where are my keys? Tips for getting organized – May 17th @ 3 p.m. ET



Are you forever promising yourself you're going to get more organized? Many of us do the same thing. Join this webinar to learn:

- Why is getting organized so challenging?
- What stands in the way?
- How can organization improve your life?

What parents need to know about teen suicide – May 22nd @ 3 p.m. ET



Teen suicide can be a scary topic. But it's important for parents and educators to understand the issue. This webinar will review:

- Facts about teen suicide
- Warning signs
- How to talk to your teen about suicide and where to seek help