

## Overcoming social anxiety – June 4 @ 3 p.m. ET



Social anxiety can be overwhelming and interfere with your day to day functioning and relationships. Although it may seem inescapable to you, it's treatable! Join this webinar to learn how to overcome this common anxiety.

- What are the signs and symptoms of social anxiety
- Causes of social anxiety and risk factors
- Ways to overcome social anxiety

## Powerful parenting – June 13 @ 3 p.m. ET



Parenting is one of the biggest and most challenging jobs you can face. Is there a "right" way to do it? Join us to discuss:

- Parenting tips
- How to cope with rebellion
- Ways to manage your feelings

## Don't be part of the no vacation nation – June 18 @ 3 p.m. ET



Have you had a vacation recently or made plans to take one in the near future? If the answer is "no," you're (sadly) not alone. Too many people don't make time or take time for themselves. Join this webinar to learn why vacations are not just important, but critical for your:

- Physical well-being
- Creativity, coping and mental health
- Overall ability to be and do your best

## Building a healthy body image – June 27 @ 3 p.m. ET



Many of us have a complicated relationship with our bodies. Maybe you don't like the way you look. Maybe you say a lot of negative things to yourself when you look in the mirror. And this can be toxic. This webinar will explore:

- What goes into a body image
- The importance of a healthy body image
- Steps to improve your body image