

If only: Coping with regret – July 7 @ 3 p.m. ET



Everyone has their share of regrets. But you can't live a happy, healthy life if you're always feeling guilty about what you "should've" or "could've" done differently. Join this webinar to find out how regret can:

- Be positive and productive
- Open the door to greater self-knowledge
- Motivate you to set new goals and take new opportunities

Caregiving: The personal price, challenges and rewards – July 14 @ 3 p.m. ET



Caring for another person – whether a relative, spouse, partner or friend – can be physically and emotionally draining. However, it can also offer rewards. Join this webinar to learn more about how to manage your caregiving role to achieve better balance and maintain your wellbeing. Learn about:

- The stresses of caring for another person
- The benefits caregivers can get from their task
- How and why caregivers need care too!

Domestic violence: What it is and what to do – July 23 @ 3 p.m. ET



Domestic violence is a widespread problem. But many people still don't understand it. Join this webinar to learn:

- How to recognize domestic violence
- Tips to stay safe
- Resources to help

Pet parenting 101 – July 28 @ 3 p.m. ET



Thinking of adding a pet to your household? There's a bit more to consider than just the cuteness and cuddles coming your way. Join this webinar to learn:

- Basics of keeping a pet safe and healthy
- Ways to make sure you, your home and your pet are good "fits"
- Tips on helping your pet become a well-mannered member of your family