

What parents need to know about teen suicide – May 6 @ 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
- Ways to get help

Fight the funk: Dealing with depression – May 13 @ 3 p.m. ET



Are you depressed or feel you may be depressed? Or do you have a family member or close friend who is struggling with depression and you're not sure how to deal with it? Join this webinar to talk about:

- Causes of depression
- How might depression impact a family?
- Taking care of yourself
- Resources for help

Think yourself healthy – May 20 @ 3 p.m. ET



How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

- How your thoughts can impact your overall wellbeing
- The power of visualization
- Tips to improve your health and happiness

Healing from heartbreak – May 25 @ 3 p.m. ET



When you hear "heartbreak", you may automatically think of a broken relationship. But heartbreak can result from any important loss. Learn more about heartbreak, including ways to help yourself and others mend.