

Communicating with teens – August 5 @ 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

End of life wishes: How to have the conversation – August 10 @ 3 p.m. ET



It's a talk most families would like to avoid. Yet it's important for family members to communicate their wishes and preferences for the end of their lives. Join this webinar to learn more about "the talk" and tips on how to have it.

Being your best self: Self-esteem for adults – August 17 @ 3 p.m. ET



Sometimes we get so busy in our everyday lives that we forget to do things we enjoy. This includes making time for hobbies. Hobbies are activities we do because we like them. They give us time out from our routines and they bring pleasure. Join this webinar to learn more about:

- Why everyone needs hobbies
- How we benefit from hobbies
- How to identify hobbies that are right for you

Making stress your best friend – August 26 @ 3 p.m. ET



Rethinking the way you view stress can provide benefits to your health. Discover how stress can be your "early warning system" so you can understand it, manage it and make it work for you as often as possible. You can even use stress to fire up your energy and creativity and not just survive but thrive.