Monthly webinars

Becoming your own best friend – July 8 @ 3 p.m. ET

Many of us spend our days running around taking care of our responsibilities. The demands of work, family and home can feel consuming. This webinar is designed to help you take a moment to focus on yourself and what you need to feel better, function better and help others more.

• Recognize the importance of loving yourself
• Identify pitfalls to self-esteem
• Develop skills to support a positive self-image

Breathing your way to less stress and better health – July 15 @ 3 p.m. ET

Who isn't stressed these days? But if it isn't managed, stress can damage your health. The good news: You don't need to take a long vacation to reduce your stress. All you need is air. Join us to learn:

• How stress impacts your breathing
• How deep breathing can lower your stress
• Three techniques for deep breathing

Overcoming the fear of being judged – July 22 @ 3 p.m. ET

Learn more about social anxiety and how to overcome the fear of being judged. We will identify the signs and symptoms associated with social anxiety as well as the causes and risk factors. You will discover ways you can work to overcome social anxiety and find helpful tools and resources that can help along the way.

Drawing the line: How to set boundaries – July 27 @ 3 p.m. ET

Setting boundaries is a big part of self-care. Join this webinar to learn more about why it’s important to take charge of your boundaries – like learning your own limits and deciding when to say "no" – and the steps for doing that.