# Monthly webinars

## **Resources** for Living<sup>•</sup>

### Nurturing friendships – April 6 @ 3 p.m. ET



What do your friendships mean to you? Are you looking to make new connections? Join this webinar to learn:

- Where to find friends
- How to maintain and nurture friendships
- How to say good-bye to a friendship that is not healthy or no longer working

#### Don't get duped: Scams and scare tactics – April 13 @ 3 p.m. ET



Millions of us are victims of frauds and scams every year. Let's fight back – with knowledge. Join this webinar to learn about some of today's common scams and simple ways to stay safe.

#### Putting kids first: Co-parenting with your ex – April 22 @ 3 p.m. ET



Research shows that co-parenting effectively leads to happier and more well-adjusted children. The key is to focus on the children and not your feelings about your ex. However, this may not be easy! Join this webinar to learn:

- · What exactly is co-parenting?
- · Tips on how to co-parent
- How to handle those bumps in the road

#### Put down the gloves: Tips for fighting fair – April 29 @ 3 p.m. ET



Opposing opinions and disagreement can sometimes lead to raised voices. We all want to be heard, but how do we fight fair and protect the relationships we value? Join this webinar to learn:

- The difference between conflict and arguing
- The role of conflict in relationships
- Tips for fighting fair