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Fighting the funk: Dealing with depression — November 3 @ 1 p.m. ET



Are you depressed or feel you may be depressed? Or do you have a family member or close friend that is struggling with depression and you do not know how to deal with it? Nearly 19 million Americans or 22% suffer from some form of depression. Join this webinar to talk about:

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

44.36.900.1-110316

Learning the art of small talk — November 8 @ 3 p.m. ET



Do you find yourself feeling awkward in social settings where making small talk is key? Join this webinar to talk about:

- How to begin a conversation
- How to continue the conversation
- The role of body language
- How to control anxiety in social situations

44.36.900.1-110816

Pennywise: everyday budgeting and saving — November 17 @ 3 p.m. ET



Bills, savings, retirement — sometimes it feels like there's never enough money to go around. Budgeting can feel like a chore. Come to this webinar to learn tips to making your money stretch a little farther so you can accomplish your financial goals.

- Set your financial goals
- Find out where you stand
- Develop tools to become a smarter spender

44.36.900.1-111716

“I’m sorry for your loss”: Ways to console someone who is grieving — November 29 @ 3 p.m. ET



Do you feel a bit tongue-tied around someone who is grieving? Many people do. There's no sure fire way to solve this issue, but there are some basics to know about helping people who are grieving. Join this webinar for tips on:

- What a grieving person may want — and probably doesn't want — to hear
- How to interpret another person's grief reaction
- Ways to feel more at ease around a person who's experiencing grief

44.36.900.1-112916