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October 2025



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Presented by Emily Lockamy, LCMHC

Extending goodwill can benefit not only the receiver, but also the giver. Performing acts of kindness can help:

- Boost your happiness
- Increase your self-esteem
- Decrease stress

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Presented by Amy Hopkins, MSW, LCSW

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Till debt do us part: money and relationships

Presented by Culley Lichtenberg, Licensed Professional Counselor Assoc.

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Domestic violence: what it is and what to do

Presented by JoAnna Cline, LPCC-S

Domestic violence is a widespread problem. But many people still don't understand it. Join this webinar to learn how to recognize domestic violence, tips to stay safe and resources to help.

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