

# LIVE WEBINAR SCHEDULE

WELL-BEING. DONE WELL.



To register for a webinar, click the desired title and complete the linked registration form.

<b><u>TITLE</u></b>	<b><u>DATE &amp; TIME</u></b>
<b><u><i>Fortifying Your Resilience</i></u></b>	<b>Wednesday, Jan 12th 1:30pm-2:30pm EST</b>
<b><u><i>Grief Awareness and Support</i></u></b>	<b>Tuesday, Jan 18th 12pm-12:45pm EST</b>
<b><u><i>The Dynamics of Healthy Relationships</i></u></b>	<b>Wednesday, Feb 9th 1:30pm-2:30pm EST</b>
<b><u><i>New Year's Resolution Tune-Up</i></u></b>	<b>Wednesday, Feb 16th 12pm-12:45pm EST</b>
<b><u><i>Communication Skills in a Virtual World</i></u></b>	<b>Wednesday, Mar 9th 1:30pm-2:30pm EST</b>
<b><u><i>Signs and Symptoms of Adolescent Mental Health Issues</i></u></b>	<b>Thursday, Mar 24th 12pm-12:45pm EST</b>

Can't attend a desired webinar? No problem...

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