learntolive

Join us...
November 2026 Webinars

Embrace your emotional health with a live webinar led by Learn to Live's clinical team.

Unmasking the Secrets to a Better Night's Sleep: How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight. Join us to learn more! ***Daylight Savings on Nov 1st***

Thursday, November 5th: 12-12:30pm CT/1-1:30pm ET

NEW **Moving Past the Habits that Hook You:** Have you felt that urge to check your phone one more time, indulge just a little more, or click "buy now" on something you don't need? This can seem almost involuntary - like you're hooked with no other choice. In this webinar, the Learn to Live Clinical Team introduces how you can notice these urges without giving in. You'll walk away with practical strategies to unhook you from whatever behavior you're working to change.

Friday, November 13th: 11:30am-12:00pm CT/12:30-1:00pm ET

Tuesday, November 17th: 2-2:30pm CT/3-3:30pm ET

Retrain Your Brain: The Case for Gratitude: Research shows that strengthening the gratitude muscle can lower stress and improve mood. Building this muscle actually feels good! Our Clinical Team will explore ways to strengthen your gratitude muscle and retrain your brain with practical ideas.

Friday, November 20th: 11-11:30am CT/12-12:30pm ET

To Register:

Click the link for the webinar of your choice and use access code **MMHG**. You will receive a confirmation email from Zoom.

If you cannot attend a live session, please register and you'll receive a link to the recording.

