

Join us...

September 2026 Webinars

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

Flourishing Through Life Transitions: Change happens. We may or may not expect it. We may or may not like it. Either way, it can leave us feeling uncertain and overwhelmed. Whether you're adjusting to an empty nest, grieving a loss, adapting to a job promotion, or stepping into a new life chapter - you're not alone in your feelings of uncertainty. In this webinar, the Learn to Live clinical team will provide powerful CBT tools to help you move through life transitions with more clarity and self-compassion.

[Friday, September 11th: 11-11:30am CT/12-12:30pm ET](#)

Suicide Prevention (*September is Suicide Prevention Awareness Month*) This presentation brings awareness to the important topic of suicide prevention. Our clinical team covers how to talk about suicide, discusses common myths, shares risk factors and protective factors and shares some tips for how to have this difficult conversation.

[Wednesday, September 16th: 12-12:30pm CT/1-1:30pm ET](#)

Public Speaking: What to Do When the Spotlight's on You: Does the thought of stepping up to the podium make your heart race? Whether it's presenting in front of a crowd or just speaking up in a small meeting - the fear of public speaking is such a common human experience. In this webinar, the Learn to Live Clinical Team will discuss why you may fear public speaking and equip you with powerful tools to communicate in the spotlight without getting pushed around by fear.

[Thursday, September 17th: 12-12:30pm CT/1-1:30pm ET](#)

[Friday, September 25th: 11-11:30am CT/12-12:30pm ET](#)

Setting Boundaries for Well-being: The Art of Assertiveness: Do you ever say "yes" when you really want to say "no"? Maybe you struggle to speak up, or feel guilty setting limits with others. If so, you're not alone. In our time together, Learn to Live's clinical team will explore the four communication styles, how to practice assertiveness, and ways to create healthy boundaries that protect your well-being and allow you to live your life more fully.

[Wednesday, September 23rd: 12-12:30pm CT/1-1:30pm 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.