

Join us...

May 2024 Webinars

Boost your emotional health by joining us for live webinars led by Learn to Live's clinical team.

The Price of Silence: How to Talk About Your Mental Health: If you're struggling with anxiety, depression, or a related concern, you know that's when you feel the least like discussing what you're going through. We'll offer input on the importance of sharing, strategies, and guidance in seeking support.

[Friday, May 10th: 12-12:30pm CST/1-1:30pm EST](#)

Raising Future Ready Kids: Resilience & Grit: Kids face challenges ranging from peer pressure to criticism and that's not going to change anytime soon. Future ready kids will need both resilience—the ability to bounce back from hard things—and grit—the ability to stick with difficult tasks. Learn to Live's clinical team shares proven strategies to help you support your kids in bouncing back from life's challenges for now and the future.

[Wednesday, May 15th: 12-12:30pm CST/1-1:30pm EST](#)

[Tuesday, May 21st: 11-11:30am CST/12-12:30pm EST](#)

Caring Without Crumbing: Tools to Prevent Burnout: Are you feeling like you're constantly running on empty, juggling caregiving responsibilities while neglecting your own well-being? It can feel like it's impossible to balance it all. The Learn to Live clinical team will discuss strategies to help you prevent caregiver burnout by learning how to challenge and reframe those persistent, draining thoughts that keep you trapped in the burnout cycle, navigate the complex emotions that come with caregiving, use practical tools to assert your needs, set boundaries, and regain a sense of balance in your life.

[Thursday, May 16th: 10-10:30am CST/11-11:30am EST](#)

Why Do I Care So Much About What They Think? Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about other's judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully!

[Wednesday, May 29th: 2-2:30pm CST/3-3:30pm EST](#)



To Register:

Click the link for the webinar of your choosing and use the access code **MMHG**. Upon registering, you will receive a confirmation email from Zoom.