

Join us...

April 2024 Webinars

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

When Substance Use Becomes a Concern: Substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help. The Learn to Live Clinical Team will explore our relationship with substances, and how you can take helpful action if you or a loved one is wanting to cut back.

[Friday, April 5th: 11:00am-11:30am CST / 12:00pm-12:30pm EST](#)

Managing Stress and Worry: The Learn to Live clinical team will walk through concepts/exercises to help you manage the increased emotional challenges many of us are facing. You'll learn how to recognize signs of stress, take action to reduce negative emotions, restoring a feeling of calmness and improved well-being.

[Thursday, April 25th: 2:00pm-2:30pm CST / 3:00pm-3:30pm EST](#)

Women's Health Wednesdays

Beyond the Baby Blues: Help and Hope for Postpartum Depression: Research has identified powerful strategies to get past the baby blues & postpartum depression. Knowing that motherhood is a busy time, this brief webinar offers strategies for mom's struggling with postpartum depression or the baby blues to help make this stage of life more joyous.

[Wednesday, April 10th: 12:00pm-12:15pm CST / 1:00pm-1:15pm EST](#)

My Little Bundle of What-ifs: Calming Strategies for Postpartum Anxiety: Many new moms find themselves haunted by fears and worrying. Postpartum anxiety is a thing. In the time it takes to just get started with a worry, the Learn to Live Clinical Team shares some of the most impactful strategies for finding calm during this time.

[Wednesday, April 17th: 12:00pm-12:15pm CST / 1:00pm-1:15pm EST](#)

Thriving Through Transition: Simple Menopause Strategies: For many women, menopause is considered a loss. Bodily sensations such as hot flashes and mood swings can be overwhelming and embarrassing. And for some women, there is a sense of sadness as their reproductive capacities come to an end. In this 15-minute webinar, we will share research-supported steps to thrive through this transition in life.

[Wednesday, April 24th: 12:00pm-12:15pm CST / 1:00pm-1:15pm 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.

