



2025 Live Webinars

JANUARY

Take Charge of Your Finances: Create a Spending Plan

Learn how to develop and use a spending plan to gain a clearer picture of where your money is going, and help plan for a brighter financial future.

FEBRUARY

Develop a Healthy Relationship with Food Through Mindful Eating

Reclaim your relationship with food in a healthy, non-judgmental way. Discover what mindful eating is, how to practice, and helpful tips.

MARCH

How to Help a Friend or Family Member with a Gambling Addiction

Learn the signs of gambling addiction, how to speak with a loved one about it and how to help them get the support they need.

APRIL

What Is Self-Compassion & How Can You Practice It?

Our thoughts and how we speak to ourselves matter. Explore how to incorporate self-compassion to reduce stress and increase happiness.

MAY

How to Support a Loved One with Mental Illness

Learn proactive ways to respond and provide support to loved ones who are struggling with mental health. You can make a positive impact that could be life-saving.

JUNE

Complex Emotional Responses to Infertility

Dealing with infertility can be overwhelming. Learn how to help manage the stress and anxiety, understand grief related to fertility challenges, and take care of yourself on your journey.