

2023 BEHAVIORAL HEALTH EDUCATION SERIES



Autism

Would you like to learn about autism spectrum disorder? Our webinars will help you learn more about the physical, behavioral and emotional growth of individuals who may display its symptoms. These webinars are free and are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these webinars and you'll receive a reminder once the event date gets closer.

The **Autism** webinars take place on the **second Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, July 13, 2023 1:00 pm–2:00 pm ET	Teaching Beginning Language and Establishing Vocalizations in Autistic Children: A tutorial for parents	Amber Valentino Psy.D. BCBA-D Trumpet
Thursday, August 10, 2023 1:00 pm–2:00 pm ET	Fundamentals & Basics of ABA	Paige Berland, MA, LPCC, BCBA & Camille Heyman MN Behavioral Specialists
Thursday, September 14, 2023 1:00 pm–2:00 pm ET	Autism, Sexual Identity, Sexual Orientation & Self-Awareness in the Teen Years	Eileen Crehan, Ph.D. Tufts University
Thursday, October 12, 2023 1:00 pm–2:00 pm ET	Understanding Sensory Processing and Regulation	Elizabeth Duffy, MS-OTR/L Roots and Wings Therapeutic Services LLC

These webinars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

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These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

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