

2023 BEHAVIORAL HEALTH EDUCATION SERIES



Children and Families

Could you use more help understanding behavioral health issues in children? Our webinars will help you learn more about common issues, as well as offer coping techniques and support. 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 **Children and Families** webinars take place on the **third Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, July 20, 2023 1:00 pm–2:00 pm ET	Supporting kids & teens with anxiety	Dr Myra Altman, PHD, Licensed Clinical Psychologist Briteline
Thursday, August 17, 2023 1:00 pm–2:00 pm ET	Helping your teen with social skills and boundaries in virtual and face to face settings	Laura Magnuson MS, MA, LAMFT Talkspace
Thursday, September 21, 2023 1:00 pm–2:00 pm ET	Raising Resilient Children	Reetu Grupe LPC Heather Lee with Briteline
Thursday, October 19, 2023 1:00 pm–2:00 pm ET	Behavioral Challenges and Executive Functions	Dulce Torres LPC-S, BCC, ACC Flamboyan Services, LLC dba Avant-Garde Center and ADHD Coaching & Training

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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