



August 2023 Learning Events

Virtual Support Groups

Rethinking Wellness Habits to Cope with Stress

Stress Check-In

Date: Wednesday, August 2, 2023

Time: 1:00 - 1:30 pm EST

[Register now](#)

Setting Your Child Up for Success

Parenting Check-In

Date: Tuesday, August 8, 2023

Time: 3:30 - 4:00 pm EST

[Register now](#)

Reducing the Stress of Managing a Loved One's Estate

Caregiving Check-In

Date: Thursday, August 17, 2023

Time: 3:00 - 3:30 pm EST

[Register now](#)

Loss & Chronic Illness

Grief Check-In

Date: Tuesday, August 29, 2023

Time: 2:00 - 2:30 pm EST

[Register now](#)

Live Webinar

Positive Parenting: The Value of Family Rules

Family rules help children understand what behaviors are okay and not okay. As children grow, they will be in places where they have to follow rules. Following rules at home can help children learn to follow rules in other places. Attend this training to explore your own parental practices while contemplating how the family rules in your house impact your child's growth and development.

Date: Tuesday, August 15, 2023
Time: 12:00 - 1:00 pm EST

Save Your Seat



On-Demand Webinar



Engaging Empathy in the Workplace

This webinar will provide a greater understanding of best practices in providing empathy to coworkers and managers while maintaining a professional relationship.

Starting August 1st, this webinar is available on myliferesource.com

[Click here](#) to download the Learning Events Flyer.

From Prevention to Intervention, [Carebridge Can Help.](#)

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24-7 for confidential and free consults

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