

## 30 MINUTE VIRTUAL WELLNESS COURSES

PLEASE SEE THE INFORMATION BELOW TO REGISTER PRIOR TO THE WEBINAR

*JULY 27, 2023*

*12 PM*

### **Mindfulness on the Go**

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*AUGUST 24, 2023*

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### **Emotional Regulation Strategies**

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*SEPTEMBER 28, 2023*

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### **Signs Your Teen May Be Using Substances**

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*OCTOBER 26, 2023*

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### **How to Support Those Who Are Grieving**

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*NOVEMBER 16, 2023*

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### **Transform Your Self-Defeating Thoughts**

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*DECEMBER 21, 2023*

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### **Stress Management Strategies**

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